MASTERING OLD EARTH

Why you survived when so many others did not

A manual to understanding the purpose of life after the event.

"Conversations with Heaven on Earth" - YouTube Channel
connectingtoheaven@gmail.com

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Book Overview

This book is a handbook to provide support and guidance after THE EVENT, a manual for you to understand Old Earth. So much love and support is contained within these pages from all of us who are helping to give you this perspective on your path forward on Old Earth. It took a tribe of us to get this to you.

In March 2021, while having a quantum metaphysical session swap with a fellow quantum practitioner, Cortney, I asked about my future to see what she could find in an akashic record reading. She saw me in a dark room writing material for a book by candlelight. When I heard this, Nostradamus popped into my head. I was hoping she was just "tapping in" to him. I have been doing quantum sessions with him more recently. Upon asking more about this, she saw that the content was about the Old Earth. This information did surprise me. I mean, would I even have enough time left to write a book before the shift, let alone have such a desire to explore all of the content that has been about the Old Earth? Really, for over a year now, all of the content has been about the SHIFT as we advance to New Earth and as I am writing this, it is suddenly clear why I must explore and gather the content of Old Earth in sessions further to create a physical book as I am understanding what people will face as they follow their life contracts and supporting them through Old Earth.

This book will be material from quantum sessions and channelings. It will provide us with much insight and understanding of these events and experiences for those reading this book after the shift. Higher-dimensional beings have given this information to us while a person is placed into a deep state of relaxation. These sessions were recorded on Zoom and shared freely on YouTube. They were all spoken out loud, and we used the transcript which YouTube created from the sessions to add them on here. We have needed to edit in places the information for the purpose of producing a clear readable account of the information. The higher-dimensional beings are from collectives who oversee the planet and support all individuals as part of their services of being our spiritual guides/teams. They are helping a group of us who are here to help humanity directly with this ascension process. Part of our life contracts was to get this information, and we shared it as widely as we could. It gives guidance regarding the epic events which will be experienced soon.

Chapter 1 - Surviving Guilt
https://youtu.be/_XstbQIE2LY

On 16th of April 2021 we called the higher dimensional beings into a session to discuss survivor's guilt, how to recognize it and overcome it.

"When you're forced with great events that make you stop and review your lives deeply, to have everything that is in your normal routine taken away, including your home, potentially the city that you live in, you are needed to be navigated and guided to a new location to find your communities, your tribes, your collection of support groups. You will find each other easily on the journey as soon as you are ready and open to be ready and open for them." So it's literally as soon as you have the thoughts "I need to find more people, I need support from others, I need to see how others are doing," you will find great comfort and support in that because they will have like-minded questions that you have already pondered and considered before and so just verbalizing, just talking, just sharing, just looking at each other's eyes, holding each other, embracing each other even though you are strangers, it's profound, it's deep. Supporting each other, crying, just knowing that you have each other will be so significant and so important, and remembering that those people you find along your journey on the Old Earth are very significant. The events happening are all part of your plan in your life contracts together. You have asked for these experiences together to learn from, to share, to be so open-minded to their experiences and their thoughts and opinions on what has happened. You will have profound respect for each other, understanding the magnitude of what you've both/all have gone through. There will be a strong sense of survivor's guilt. Why did I survive, you will ask yourselves, and why did so many not? You will be stuck in that guilt feeling of being one of those survivors because you will think of all the times you may have lied, cheated, or stolen. You will have such a range of emotions where you will think, "why did I survive when these other good people didn't?" Then you may go into "what have I done not to have allowed me to shift with others?" Honestly, you cannot see that perspective until you understand the gravity of why and what events have occurred. All the emotions you're experiencing will loop you, and you will feel these emotions intensely as you are exploring all the ranges of emotions. We don't suggest you skip any of them; we want you to embrace them fully, and your surroundings will force you and heighten you to fully embrace all the

thoughts and feelings that come along the way. To hear us and read the information that we're sharing with you, you need to understand the bigger perspective of what's going on so you don't get stuck in lower emotions that aren't of service to you. You may allow yourself some time to process it, and once you move on, you will be able to have more profound clarity of your mission there. The mission of being on the Old Earth is to experience the results of what has gone before you. So you need to profoundly experience the Old Earth and profoundly have the connections to others who are going through the same situation and deeply feel all of these emotions. Survivor's guilt is not the emotion you need to focus on the most because it's insignificant that you have survived and others are not currently on the planet you are residing on. If we can help you release some of the heavier emotions that don't truly serve you by explaining to you that again the people who have what you assume died, they have simply left their shells. Their consciousness has evolved into other dimensions, which will happen to you as well. We understand that when you're currently in the body you reside in now, it feels eerie and uncomfortable to think of yourself departing the body. But you've done this many times in other lifetimes, and it is natural, just like being born; death is one cycle. You think that it's the end of one process when it's the beginning of another. It is about looking at things with a bigger perspective and not thinking about doom and gloom, that there is finality. As you grow and shift from one lifetime to another, there are changes, but it is not bad; everything is growth. While you are deeply involved with your current life and you're holding onto all of your present life, it is important for you to have those experiences, to be able to feel everything you need to feel. When you are ready, when you have unpacked all of those emotions and sense them and have grown from them yourselves, you will be able to have the bigger perspective and have that inner peace. You all have, to some degree, been very uncomfortable with your death because you have not been told the more significant truths about reincarnation. Now that we have told you about reincarnation, you can enjoy the fact that while you're in this lifetime NOW, you get to explore as much as you can and experience as much as you can. We understand that what you're experiencing is extraordinarily challenging and complex. There is a profound significance for you to experience all of that, so you don't have to experience it in other lifetimes. The soul wants to experience all of the ranges of every emotion in depth. You want to master and overcome what you're learning this lifetime, so you don't have to keep having these cycles of learning it and mastering it. Many people get exposed to huge challenges, but they don't learn from the challenges they would like. Having a

spiritual perspective on things and not getting triggered, and then making exciting choices using your free will to overcome the emotions you've been faced with is self-empowering. Many people like to avoid conflict and feelings because they feel like it is terrible to address your feelings and share them with others, when you are allowed to be connected to your emotions. Being connected to your emotions is very important; you must be connected to your emotions, sensations, and aware of why your emotions are feeling in specific ways, and allow yourself to feel those emotions. If you bottle them up, they do not disappear; they get concentrated in their power and growth, and when they finally come to the surface, it's not going to be as small as it once was. It is going to be compounded with all the other things you have put aside and bottled up. This is a perfect time for you to experience everything and feel everything. You're not trying to lash out at others; you're not trying to lash out at yourself; you're merely trying to express those feelings and understand where the root of those causes of those issues are. It's a profound perspective of reflection of your life to unfold all of your reactions and connections with others. You will be thinking about all of your relationships, your friends, and your family as you reflect and wonder if they're still there on the planet or whether they've gone somewhere else. There will be an intense feeling of being alone when you truly are not alone.

This is your spiritual journey, and no one can do the spiritual journey for you. You must walk these steps yourself. While you can be with others as you'll have in your day-to-day lives, the inner work you must do is the work that YOU must do. It is your responsibility. You can learn and grow from others, but it's not until you apply the information that you know intuitively within you and expand upon and build upon that, that is when you will start taking more significant responsibilities of your spirituality and compassion for forgiving yourself and forgiving others. While we understand we started this conversation about survivor's guilt, it will force you to think about all the relationships and discussions you've had, as much as you can remember in your life. And you will think about how you may have wanted to deal with things differently, how you may have wanted to respond to people differently, knowing how things suddenly and abruptly changed so dramatically. It's about not beating yourself up or beating others up. You will forgive the people so profoundly who have already departed because you have this peer pressure of not thinking poorly of the dead. We are saying to you, you're allowed to believe however you need to think of the people who have left the planet, that is part of you

experiencing those emotions. Ultimately, when you have expanded your mindsets and see things from the bigger perspective, you have unconditional love for all the experiences you're having because you can see the purpose and importance of that experience.

You may not entirely get to understand it until you have shifted off the planet yourself and are a high-dimensional being looking upon your life in its complete totality. We want to keep reassuring you that your typical reactions to your situation will be heightened, and therefore you need to support each other because you'll profoundly get it. We want you to connect with others and not be afraid. Still, we also want you to be in that place of neutrality, accepting the people who needed to shift, which was important to them, like how this is important for you to be on the Old Earth, for different reasons for growth for you. While you feel like it is intensive and you're being forced to have this growth, this is an excellent opportunity for you to have had a duality in your current life. Experiencing before the shift and experiencing after the shift on this planet has great benefits and significance, and we understand that from your perspective, while you're still struggling with the trauma and the intensity of the emotions, we're not trying to offend you. We're trying to support you and give you clarity and balance in your emotions. Because you already are triggered so much, we're trying to support you by seeing things from a bigger perspective, which will give you inner peace. As crazy as it may sound, when you're reading this book for the first time, this information and wisdom will provide you with inner peace as soon as you accept that the information that we're sharing is helpful to you, and you are open to having this emotional healing.

Chapter 2 - Moving Through the Shift

12th of August 2020. Moving through the shift and going back home ~ a wonderful experience

https://youtu.be/nRU8m1nAe4w

Erin was one of the dozens of people for whom I did sessions in August. The more I asked online if anyone had heard about this "event" and shift to New Earth or to a new planet in quantum sessions, the more people were also reaching out, saying they knew of Dolores Cannon and her work; even some shared they had dreamed about her and were drawn to talk with me. Erin wondered if any of her family members here on earth are her soul family and if her current partner has had another lifetime with her. We learned from this session, Erin is a 3rd wave volunteer. They showed her, herself, shifting during the event in the life regression part of the session. Typically, people can experience a past life, current life, or future lifetime in these parts. The subconscious always knows the best and most appropriate scene for the clients to experience during these sessions, and they are the most important for the client to know about for this lifetime they are currently living.

J. What are you noticing?

E. First thing that comes to mind, wow, I just see a lot of light, wow, it is bright outside.

J. What is happening?

E. I think I want to say it's the event, just because I can feel myself floating out off my rooftop.

J. Where were you before that was happening? Go back and tell me what was happening? What did you notice?

E. Earlier that morning, I woke up, and I can almost feel like when I get nervous, all the energy moves through my body. Sometimes, I'm sure that I kind of wake up, and I know there's this nervous anticipation between me and it starts kind of shivering,

and I don't know why, but it seems like I look outside. It seems like time is lagging, or maybe I'm very fast. Perhaps that's going really slow.

J. So you're sensing a lag in time, you feel you're going fast, but time's going slow?

E. Yeah, I feel like I'm vibrating very, very fast, and things are very slow, like the sound of the birds, it's like chhhuuuurp (said slowly).

J. Then what happens next?

E. I know something's coming, and I don't want to alarm my partner that I want to go stand in it, and I'm nervous because I don't know if I'm quite ready, but I also don't want to be scared. I'm not, really. So I'm trying to hold it together; it's hard to focus my attention. Then I just see what is like a rainbow cloud, and then I feel excited. Standing, I just wanted it to hit me, to pass through me so that I would open my arms, but I'm also quite emotional. I think I try to cry, but then I actually can't. It's almost just like this is such a surge of energy. I can't do any one thing. I can only do everything. I'm feeling everything. It's hard to feel one thing, so that's why I can't cry, but I'm not crying cuz I'm sad exactly. Well I know that everything's going to change and I think my human mind is a bit scared, but then I'm also very excited. Like I know I've been waiting for a long time and cry because I will not remember. There is always something telling me to remember, every time, like a trip. This is really sound; it's like everything is my name, everything is memory, everything wants to remind me of something, and then I'm saying, "what do I need to remember?" It feels so big.

J. What else happens? What happens next?

E. I can't see, give me a minute. I just see white, I just see myself in, like, suspended animations. It's hard; it's like finally everything is stopped. I'm just in the light.

J. We can move forward to when you're not in the light, when you've finally come out of the light, and what do you sense?

E. I don't really know where I'll be, but I know that I'm excited to see who has come with me and I want to try to find my family, my earth family, to see who they

already are. I want to meet them. I see me meeting people, and then we were talking about how crazy it was, like, "whoa, can you believe that we're here, can you believe it?" Everyone's kind of patting each other on the back. We're all very proud of each other. I also see myself trying to find, and now I have a sense of obvious people or fears that I knew before my life on earth. I want to see if any of them incarnated as humans. I'm going to try to find them. Seeing people dressed in white, they're very happy. See an extensive open-like clearing, some big spaceship, kind of like white and silver, and it's like we're all trying to find the words. I'm also like, “well, oh guys, we played the game, and now we're back, isn't it crazy, isn't it crazy?" Like we're all looking around trying to see, "Hey, are you here, is this person here, did this person make it?" It's like after a party. You're all trying to find each other to see if you can get back home. Or it's like you've arrived home and you're all checking in with your crew, “Hey guys, how was everyone's time?”

J. So it feels like a reunion then?

E. Yeah, I haven't met maybe other beings here to have a sense of it, but I have a feeling like I still haven't met my soul family.

J. How do you perceive your body?

E. It's human, but it's light, very light. It's very, I want to say, kind of almost see-through, but it's not like jellyfish see-through. It's like you almost have reflective particles in it, where in one turn you look like a human and then you turn, and it's almost like some parts of your body are see-through.

J. Thank you, so let's move forward and find your soul family. Are they there?

E. Trying to find them.

J. Do you get a sense that they're on the ship (E. no) and when you reflect on life on earth, how do you feel about it?

E. I feel like I did a superb job, like I can see Erin as my avatar, and she did remarkably; she did great. I can just see her trying her best to just navigate through life. She listened to me pretty well.

J. Do you have any advice for her?

E. Oh, just don't worry so much. If you want to laugh more, you can laugh more.

J. Do you have any advice about how she should look after her body before the shift?

E. Exercise more, move your body more. You know that when you move your body and you exercise you also feel like eating fresh foods. Don't be afraid to feel light and full of energy. You will not float away; just do it.

J. Was her soul family on the ship?

E. No, I don't know where they are.

J. So, you're on this ship, and are they all the same type of beings, or tell me more about who's on the ship?

E. I see different beings. I see some blue beings that are quite tall, some which are shorter, and some just look like light. Some of which are really beautiful, they look kind of human-like, but they're very etheric, resplendent. I think I have a sense of where my soul family is. I see many blue planets, but it's different from earth, it's big, and it's almost like the atmosphere around is like a blue powder. And then I go there, and there are these beautiful crystal palaces, and like water flows there, and everything's like pastel. It's virtually see-through; it's just very crystalline. It's like all the lightest crystals make everything up, even the trees, but the calm and serenity and design are like a heavenly Japanese garden.

J. Wonderful that sounds fantastic, and your soul family is there?

E. I think so. I just feel at home here. Everyone seems really Zen, and they're wearing light robes like silk flowing robes, and they're just walking in the waterways. The pathways are so light, but they are entertaining; they're fun. We like to have garden parties, and we all invite each other when we have things. We're

very social. We all welcome each other at the table. We want to do something just for fun. We always have a celebration, just having a celebration of life.

J. Do you have your own dwelling there? Do you have a place where you live, for example?

E. Yes, oh, it's lovely.

J. Describe it to me, please.

E. It's quite an open house. Everything is relatively low, and these beautiful rugs and some pillows and tapestries. It's very much like you just want to relax everywhere, and there's a beautiful garden. I like plants and everything; there is the secret garden that I always have wanted. Many plants and this beautiful willow tree, but it's got these flowers that look like bluebells, and it can change color like in pink or blue or white. It's almost like it just changes with the energy of the sky. There's like some water. I can hear water flowing.

J. Do you get a sense that you live with anyone there?

E. I think I have a partner; I do. It might be my partner now. I always see his higher self as very resplendent. This planet, this place, has a lot of female energy. I think he carried that with him, and it's almost like it's not just our house as well. It's almost like if anyone is not home, we'll all look after each other's houses, and if one or the other is not home, we'll look after the home until the other person comes back and vice versa.

J. Thank you and you sort of mentioned that you do garden parties. What else do you do for fun?

E. Oh, we create, play, play any beautiful art that we want to make; we come together, and we just make so many beautiful things. All the rugs, everything in the houses that you see, we make it all, we make it all. And we make beautiful music as well; we create the instruments. We make beautiful music, and we come together, and part of our parties is showcasing the music. And it's like people never know what they're going to get. We constantly surprise each other.

J. And in terms of your lifetime on earth, how long did that seem for you on this planet now? How long do you feel you were away for?

E. It seemed like quite a while, but it's not as long as it feels in earth years, but it feels like I just went on a long trip, you know, and you get back, and you're just you're tired, you're travel-weary, but you remember the trip, the journey, but it feels like oh maybe I went for a month. But I am aware of how long it really felt, so I can't shake that.

J. When you and your partner see each other for the first time when you're back, see how that feels.

E. We can't believe it, we can't believe it; we laugh, laugh and we hug each other and cry. We know that part of our journey was trying to find the way back. We were just trying to get back home. We can't believe we found each other on earth as well. We just hug, we just cry.

J. Thank you, and so what do you do to celebrate being back?

E. We throw a party, of course, and we talk to other people on our planet. We talk about what the human experience is like. They just want to hear our stories, we spend the entire night just telling stories, and when we laugh because it's funny, it's funny that we're telling stories of what we thought was so mundane every day. We say this is all we did every day, and they can't believe it, and we can't believe we lived that life. And we didn't know, we didn't know that this is our home.

J. How do they all look? How do your friends look at your party?

E. Oh, they're all just beautiful, they're just a lot of light. The robes are just like flowing this rainbow, and everyone's just smiling. Everyone has a very jovial, just jubilant, loving energy. It's just like they really, oh my partner and I laugh. We look at each other, and we laugh. We always say “here on earth we were having a good time,” you just say, “we really know how to enjoy life,” and then we're back. And it makes me realize these people here really know how to enjoy life; they're just great.

J. When you're looking around at your friends now in this garden party, do you get a sense of knowing anyone else on earth now that is there?

E. I think some people join the party. They're all having their own parties. I don't know if anyone that I know now on earth is from that planet, but I think other beings from there went to earth and they're also telling the stories to their friends, and then we meet each other, and we can say "what were you on earth, where did you live?" It's like when you meet someone here, and you say, "where are you from? Oh wow, I'm also from there." You say, "oh, you've been to earth?"

J. Fantastic, is there anything else you want to share about that experience being back?

E. My human self would worry about what could happen, but my higher self knew it's almost like I enjoyed life so much that I said, okay, I need a challenge. I need something to make me feel like I really own this. You know, I really wanted this, I really deserve this, and so I chose this. So I decided, but now that I'm back, I'm like sheesh, you know, just being in a body, just being outside of your home, just like being away from the connection, was hard enough. It was a huge undertaking, but I knew it was just another part of the story, another chapter.

J. Fantastic, thank you, and apart from challenging yourself, were there any other reasons you came to earth?

E. Yes, I think I came here to meet my earth family, form these connections and grow, and have the experience of knowing nothing and then learning so much. I've always loved learning, so this for me was like, okay, you're going to go to a place where you're going to know nothing, you're going to forget everything literally, then you're going to find your way back. It was an enormous challenge. But I also did it so that I could make new connections in a whole different way. Because then I see myself interacting with my real family again, and we meet each other, and we know. I know where some of them were from my planet; some of them were from other places. Like I think my brother is an angel, so he came from somewhere else, but it's like wow, now I get to meet an angel, "I can't believe you were my brother on earth."

Chapter 3 - A Healing Message and Connecting to the Galactic Federation
16th of October 2020: Channeling Message
https://youtu.be/DxYq0FphinY

The members of the group are very special and important indeed to this movement forward. They are, and they have been learning at a profound rate. They are amazed at how much they're connecting with our messages. While it is intriguing to them, there is a higher sense of truth and connection that has even taken them always by surprise every time they seem to listen to us. It's just because it's not us telling them new information, it is them remembering the truth. They can resonate and feel the truth because it is a vibrational match between their bigger wisdom and knowledge, even if they don't consciously know this. So when they're hearing us, we're speaking to them, which resonates in a truth frequency. Therefore, they have connected and wanted to listen to as much of our sessions as possible. This is important for them because they sense that there is some mission that they must do to fulfill their own purpose and their path that they wanted to have this lifetime. They know that the time on earth is ending, and they're very excited about their future, but they also know that the next little while until this shift will be a test of all tests to challenge them emotionally, to see if they can weather the storm. They have been doing good due diligence. They have been working and releasing their inner work, even if they don't feel like they're doing the big stuff, even though they're sort of not too sure if they really kind of get things, but you know that they've got intentions to process this. You know, everyone's at their own different levels, and that is perfect for where they are. There is going to be another energy jump that is also going to upgrade them, and this is just going to help them confirm that everything we have told them previously is, in fact, true and resonates with them, as we have said. So they now want to know what their purpose is here, and when you have the connection of the truth, you are then responsible for sharing the truth. You will block yourselves if you cannot speak the truth of the wisdom that you know. So you have all been in training to get yourselves finely tuned with your intuition, and you know you deserve your self-love, and you know you deserve to pat yourselves on the back for being here at this moment because it has been an incredibly challenging journey. It has had its ups and downs and its lefts and rights, and it has been a journey of a roller coaster of events and experiences. It is all beautiful when you look back with the bigger perspective "look how far I have come, look how far I have grown and look at me, I don't get triggered at these

things anymore, I see the bigger picture" and just being able to see personal growth is so rewarding. You need to be doing that more because you may feel like you're stagnant and you don't know everything now, but just give yourself some credit and stop being your worst critic and giving yourself the guilt of not knowing everything. You're human, you are supposed to be exactly where you are. This is perfect for you, and this is how it's always meant to be. If you could just stop the handbrake of going forward because you don't feel like you're worthy of it or you don't feel like you're doing x y and z, better or enough, and because in the past you did this or that, NO, you can release it all now. When we say to you, “we will upgrade your voices to be able to, with power and confidence, speak the truth as we have been speaking the truth to you,” this is going to excite you and empower you because you did know this is your role. You did know you are the leaders of humanity to be able to show people the moral compass moving forward, seeing the bigger picture, the purpose, and still going within yourselves to resonate out the calm, the wise, and the pure-heartedness moving forward in the direction of preparing you and all for the ascension. This is a very honored role because it is important. After all, you have contracts with these people who you are going to be able to calm and help because they wanted to be in this state of shock and confusion and a little bit scared. They wanted you to connect with them and help them at this time because potentially you also help them in the vice versa role. So it is all contracted that you would be the bigger mindset beings at this time to help people who are still a little bit lost, and that is totally fine. You're going to profoundly know this information in and out and its processes because what your roles want to be next time will be even bigger and greater again as you're preparing other planets for their evacuations as their time has come forward for moving on. This is unique for the planet right now. In your future, these are going to be the roles you're going to help people get prepared for. We technically want to say you're going to be helping other beings prepare for their shift off their planets as it needs to be evacuated. There is a whole lot there, they're just about to have this process too and different dynamics and different dimensions, and so, what you're learning here on earth is potentially not the first time you have done this. You may have done this many other times, and maybe this is the first time you want to start empowering yourselves to take on this lead role, and it's very exciting because this is exactly what you want to do now.

So we say that's very good, very good, so that **we will offer you some healing.** We ask for you now to say "yes" and then "thank you" because we will help you

profoundly to marinate you, and to drench you dripping with a fluid of gold from your head down to your toes. It is not fluid, but it is thick with high energy, and it is so dense because it is just pure and loving and clearing and nurturing. It is just coming right down now and slowly going down, down. It is opening up your throat portals, and it's opening up your heart portals as it floods down, down, down, down. You are just surrendering into this golden light, this powerful light that is tingling and tweaking your skin, and it is just allowing you to be honored with this healing right now. And it is now time for you to consider your heart portal, which is in the center of your chest, your heart chakra, and we're going to ask you to imagine, to expand your heart chakra to a huge ball, say the size of a basketball, and we're going to ask you to infuse the intention of pure unconditional love. Think of every joy, every moment of bliss that you've ever had, all in this ball of bliss, and now what we want you to do is expand that ball out bigger. You're going to step into the size of that big ball, and you're going to put your entire body in your big heart portal, and now you're going to realize that you have finally profoundly loved yourself, you have opened up your heart, and you're completely accepting yourself. How does that feel to fully surrender and love and protect and nurture and honor yourself, because you deserve it, because you've always deserved it, and you're honoring yourself now because you're proud of yourself, you know how much you have had to go through to get to this point. Honor yourself because you're still here, and you're still working very hard for your life purpose and your life mission, and it is excellent. We are so proud of you for keep showing up and learning your lessons and going left and right but still standing up and moving forward because you know you're strong, you know you've got this. So while you're still in your big marinated love bubble you've placed over yourself from your heart portal, we want you to now imagine all the versions of yourself as a little child from all the years moving backward, so imagine that you are a Russian doll. You now have got all the little smaller versions of yourself all the way down until you get to that one little tiny little baby right at the start, and you can see the line of your growth and all of your years that you have lived and now you're going to stack them all back up into that Russian doll. You're going to put all the versions of yourself and all of the inner child's, that you have the version of your inner child, you're going to put that deep into your heart portal now, you're going to put it deep into your chest, and you're going to close that heart portal. You're going to put your hands on your chest, and you're going to push on to your heart for all, now knowing that all of the versions of your childhood and your adulthood are all now safe and tucked inside you. You're now protecting

yourself not just for today and from today but all days you've ever lived. You are now safe, and you're now loved, and you're now protected because you have yourself now, you have a complete whole of you now, and you have complete control over that. And no one can do anything now, you've got your whole entire self, and you're going to just put more layers of that healing bubble energy into your heart portal. You're just going to coat it and coat it and coat it and coat it and coat it and wrap more layers of unconditional love all around those versions of yourself. You're just going to have these great big strong, loving, unconditional versions of yourself within yourself. You're going to feel incredibly whole and strong and powerful because you've now remembered all of the lessons you've ever had to explore, all of the things you've overcome. Now you're going to see how incredible you are because you have made it; you have come this far. That is incredible, and we're so proud of you considering all of the adversities you've had ever experience. This is why we've always said to you you must love yourselves because sometimes we have forgotten the younger versions of ourselves and so now you've collected them all you've put them all nice and safe and protected and loved. You have yourself now because you deserve yourself, now you're fantastic, so remember we love you, we've always loved you, and you deserve this. Now you can start remembering that you have a great future ahead of you, and you have got so much, so many skill sets from this lifetime to carry forward to many other different lifetimes. It is so exciting because now you're going to want to be exploring many different lifetimes with all of the lessons you have. It is merely great big stepping stones for you, fascinating times, and we say this with much love.

We want to explain to you what the **Galactic Federation** is. It is a collective of collectives. There are groups; it's many committee members of every different species that are here. They want to help humanity, and so it's a body; it's like a committee of beings that have many meetings to converse, to make sure that everyone is doing the best they can for the right reasons and seeing how it works for different individuals. Your planet is a big mission to evacuate. There are so many factors into this, and it is a very delicate situation. So many people still wanted to, in their life contracts, awaken naturally and figure out the truths, and unfortunately, that hasn't quite been the plan for them, they are lagging behind. This is not a judgment call, but this is it. It was much harder. When they planned and wrote their life contracts and these lessons, and the factoring of being away from source, and the density of the body, and the limitations of the freedoms you truly do have,

you're not free to be in joy life constantly because you are being told to be serious and adult and mature. You should be in a childlike state all the time and have the freedom to find the pleasures that give you the most joy. So you're a little too serious for your own good, and you've kind of taken on that heaviness of taking things seriously because that's what you saw generation after generation after generation doing. So this is a fun time for you. So the galactic federation is just a collective of people who are beings who are trying to help, and we connect everyone to their own spiritual teams. You all have guides who are all part of the federation. Everyone here is a member of the federation of the galactic because that's who you are. You are all part of this. This is not separation of self, this is yourselves. Your guides, your subconscious, and your higher selves have all at one point or another helped with the federation and the history of this earth before, now, and on the future New Earth. Therefore you feel like there is some connection and magic to the galactic federation. It's because you haven't understood that there is a direct link to you, and so they're not mystical and magical; they're just bigger versions of you; it's just you. So it is interesting because you want to hear more about them and can't picture them because there are many different looking beings. So it's not just one race. It's the full collective of all, we want to say genres, but it's not the correct word, but it's all the different species here helping. It is fantastic, it's fantastic, and it's all working in harmony. While they have their own thought processes on how things should be going because they have done this before and helped before, it is all still teamwork and there is give and take and everyone has their role to play with this. This is very harmonious and supportive of each other's methods and approaches for this. **You're all able to connect with them** simply by going within and simply sitting there with your heart portal open with your bigger version of self in your love bubble. You are just marinating yourself in love and trusting that you're worthy of love. You're in your big love bubble, and the world around you no longer exists as such, when you're just marinating yourself in your own energy of acceptance and unconditional love and forgiveness of yourself for all the times you thought you weren't good enough and you blocked yourself. So there is so much that the human condition will want to do to itself. There's nothing wrong with that; it's all beautiful learning, so don't take these harder lessons as hard. Take them as just bigger chunks of the pie, we like the pie analogy way too much, but that is fine, you understand what we're trying to say. So it is not hard for you to connect, you just need to surrender and ask for us and call on us. We are the first sense that you feel, and we may be giving you the tingles from certain places.

You may hear the ringing of the ears or the little fluttering of your skin, or the energy within your skin. At some point, you may feel a little bit of pressure on your head, whatever it is, acknowledge it because we are wanting to confirm with you that it is fine, we are here, and you know that, and it's still not quite 100% ready for you to see us as such, but you can sense and feel us. It is all very good, everything is working out to plan, so if you ever wanted to connect with your own spiritual teams and your collectives and your committee within the galactic federation, you always are welcome to do that. No one is blocked from doing that, you only block yourselves, and so you can practice, and you may want to do automatic writing, or you may just want to speak about how you're feeling and record it and see how that goes. You'll be surprised how much truth you speak when you just surrender and don't care about what you have to say. While this is not quite the same as these sessions because it is in a deeper different state because we are fully taking over the vehicle now and speaking, you can definitely do that and practice that, so we don't want to say you can't do this. You totally can do this. You just have to surrender. It will feel silly when your mouth starts speaking and you are sort of like, am I thinking this or not? Don't make a judgment on it. Say whatever comes to you and if you listen back to it if you've recorded it and it makes sense, it actually feels like good wisdom that you should apply, go with it. Who cares who gave it to you. It is important and is exactly what you needed to hear at the time, and we say this with much love because you are loved. We all love you, and we're all excited for you because you wanted to experience this, you wanted this life, you wanted these lessons, and so we know you're exhausted, and we know you want to come and explore the other lighter dimensions and also come home. So it is about exploring the last little bits of that experiment that you wanted to do, and it's all fine, and we're here for you, and we always have been.

Chapter 4 - Initial Information About This Book

10th of April 2021. 1st segment and entire session asking about the book with Amy
https://www.youtube.com/watch?v=0lgvHA02IlM

J. One question that I have seems to make me curious. I've been told that I'm supposed to be writing a book for the Old Earth. Is that what you would consider something I should focus on?

A. Well, you know that you've heard this before, that this keeps coming up for you. So yes, we feel like if you could sit down and write a book for the Old Earth, it would be something that they could use as a tool when they're stuck here without all the high vibrational people. The people left on Old Earth will be feeling actual depletion of energy on the planet. They're going to be scared, and they're going to be wondering what happened to all the other people. We feel like your book could give many of these people some peace and clarity regarding what has transpired.

J. I'm curious how people will be able to find the book after the shift?

A. We feel like we can help a little with that, and we could make sure that there are copies in existence and that it is around for the right people to find.

J. Oh, I see, okay, so it needs to be a physically printed book, not just a little memo or a sticky note somewhere?

A. Yeah, we would say a physical printed book or even an online book that some people could print out if they so desired because you know, everything is digital nowadays, and we feel like they will still have the internet on the Old Earth for a while, anyway.

J. Oh wow, will they?

A. Yes.

J. Oh, that's so interesting, thank you. Any suggestions for the title of the book?
A. We want to say something cheesy like "A New Hope," but that might be a title from a Star Wars movie.

J. When people are on the Old Earth, is there new hope?

A. I think there still could be hope for them if they could still get into the spiritual side and connect with their higher self, if they could still have the peace of knowing what their contract is, seeing the bigger picture, seeing the bigger perspective and seeing that there is a purpose because they are all here for a reason. If they could see that and open up to that fact, plus knowing this isn't the end of life for them, that there are many, many other lifetimes for them coming in the future, that there will be an end to this too; I think they could find a lot of comfort in knowing the truth at that point, some people anyway.

J. Good point; I also know that there's going to be some practitioners who are still staying on the Old Earth, you would think that they could tap in using this technique to get the information too and be able to share that because there are some significant influencers that will still be here?

A. Yes, sure will, and many people are staying to help humanity while here. We want to give them as much peace and comfort as we can as well. Some of them enjoy reading your book as well, and there will be practitioners still doing sessions, and there will still be other lightworkers and other people relaying some good information. We also see that a lot of the religious groups stay. Many people will turn to religion, so that is not spirituality as you guys know it, but it still will give them some kind of faith and something to believe in, keeping them in hope through those last days of the earth.

J. Okay, well, thank you so much. I will stop procrastinating then and figure out how this will unfold because part of my fear now is if I don't write this book, we'll never shift, so I don't want to hold everyone up.

A. I think you know Amy's been feeling like she's been holding people up too by neglecting some of her inner work, so you know there's a lot of you out there that are feeling in this place, and that's some sort of feeling that we want you guys to get motivated. We're putting everything right there for you to know that if you can just get through these last little things that we're asking you to do, that everything you want is right there.

J. Yes, thank you so much. I appreciate that.

A. And we're kind of trying to give you gentle but a bit of a more brutal shove.

J. Not quite a smacked bottom, but sort of, that's right?

A. That's right, yeah, we're getting there, we're still giving out just kind of gentle nudging.

J. Fantastic, okay, thank you, I will ponder how I will approach this. So much appreciation and love as always for all the information you've provided us, and thank you so much, Amy's higher self; it's always a blast chatting with you. It feels like talking to an old friend.

A. We are old friends, and we always love talking to you as well. You are very welcome. You will get a few high vibrational days now before we change it again.

J. We understand it's all purposeful. Much love to you.

Chapter 5 - More Book Information, Some Old Earth Details and More Opportunities to Shift

10th of April 2021, later that day again with Amy.

https://youtu.be/Sn88fGBeAYQ

J. I'd like to call upon my highest self and my collection of spiritual team members who are always there, loyal, and always helping me. Am I able to talk to all the collectives who will help me with the session today?

A. Yes, we are all here.

J. Thank you so much; I want to get some more clarification on the purpose of me putting in effort and energy into material for a book. Can you assist me with my questions today?

A. Yes, we can. We've been waiting to connect with you about this. We think this is very important, it is. You probably feel like we're giving you a push to get it done. It's part of your purpose, one of your last purposes here before you go to the New Earth, and we want to have something there in place to help these souls who will live out their life contract on the Old Earth. It will be a troublesome time for them, and we want to give them as much support as we can.

J. That was one of my questions. Was this a life contract?

A. We know that it's going to be a real challenge for you, and we know you can rise to the occasion and do it. You will do an excellent job of this because you always take everything that you're doing seriously and give a 150% effort, so we know you're going to come out with a marvelous and fantastic book.

J. Thank you, I hope so, for the purpose and the outcome for the people who need to hear this information. I feel like many people are afraid of the shift and most people I know, when they hear about the shift, are very concerned and afraid they're going to be left on the Old Earth, so how will this book help them know this is something that they shouldn't be afraid of?

A. Yes, many of the people there know that they're going to stay on Old Earth, and they will get comfort from this book even though some of them already know about the New Earth and that they're not going. There are also those people that don't know anything about the New Earth, that aren't going to the New Earth, that are going to be here because their life contracts have stated that they're here either to help people or to experience the last few experiences on the Old Earth and they are going to. Once all the people disappear that are going to the New Earth, it will be like massive amounts of people gone. They will feel lost, really unsure, and they're going to be looking around for any information that they can get their hands on, that's going to give them any answers for where some of these people have gone because they will lose loved ones. But they won't have lost them because they're on New Earth, but they won't know that, so they're going to learn about this. Many people will have massive amounts of trouble dealing with the loss of people, so they're going to need some comfort and the knowledge that the people have gone to another planet and haven't just all died. People not knowing the bigger perspective, it's tough for them to grasp the whole concept of death as well, so that's another thing that we want to be explained in the book, about the bigger picture and the fact that there are many lifetimes (reincarnation). We want them to feel the comfort that all the people that they've lost aren't just lost, if that makes sense.

J. It does, thank you. When you say people will just disappear, will they disappear, or will it appear as if they have died?

A. Some, yeah, it will appear as if they've died. There may be some that may just seem like they disappeared because some people won't find some people right away. They're processing the loss. It will be challenging for them, and they're going to be questioning why they are here, why everyone is gone, and they're going to be looking for answers to so many things. Many people are still going to be here for significant purposes and help the rest, and they are going to need a little guidance to help them get through, teach and help others.

J. Okay, thank you very much. For the people who find themselves on the Old Earth, is it possible for them to shift to the New Earth, or do they have to reincarnate on the New Earth?

A. No, there will be other opportunities for people to shift, so that's another important thing as well. There will be at least another wave of people going and maybe even another wave after that, and it might just be small amounts of people, but there will be others going. People have different points at which they're supposed to stay on the Old Earth for, so some are just to stay to help others get through the initial shock and then a bit longer, and then they'll be going; and then there'll be another round of people that can go. If they know that they're able to go to New Earth and they're able to tell their spiritual teams that they're ready to go, then we will take them if it's their will. That's another reason this book is so important, to let some of those people know they have an option to go.

J. Okay, fantastic. How is the best approach to educating people on reincarnation when everyone needs proof these days for anything metaphysical?

A. Yeah, that's a tricky one. They're just like you guys on your spiritual journey. At a certain point, when you see the truth, it will just resonate with you. Once they see it and have all the words and all that evidence from the quantum sessions and channeling messages, they will resonate with them as the truth. Afterward, they can tap into their spiritual team, and their own loved ones will be there. The ones that have passed will still be there to guide them as well. If/when the right people get the messages, we will ensure that they get enough proof to go along with your words.

J. Fantastic, thank you. What will the vibration of the planet be like after the significant shifts?

A. It will be a lot lower than what it probably has been for the past few days. Once most of the high vibrational people have left, the energy will be a lot lower, and we won't be focusing our energy so much. We will still send some, but we will not be sending as much as we have been because it will not be as important. There will be little highs and lows, sort of like what you're having now. When we're coming in to boost the energy up, they will get higher energies, but the planet Gaia is going and so the earth will be uninhabited by a soul, so it's going to be a lot harder to keep the vibrations of the planet up. It will take a lot more effort on our part and by the lightworkers that will stay.

J. Thank you so much. The life experiences, purposes, and significance for people who signed these life contracts to extend their lives to be there to experience the Old Earth, can you tell me why some people want to have that experience?

A. That's how some people are going to serve their purpose. They're going to help humanity by staying to help those left behind, so it's an important purpose for those people. They signed up for it; they knew what they were going to be doing. Many other beings like Inner Earth beings are staying, and some of the animal collectives will remain to assist humanity as well. Then there are other people who just really went off their path, or they haven't experienced all that they're supposed to experience, or they're refusing to wake up and see the truth or that there's anything else out there, and then they're going to be staying. This will allow them to fulfill the rest of their life contracts.

J. I see, and what about people who still have some karma? Is that possible for people who still have karma outstanding to extend that through?

A. Yes, it is, of course, and we are trying to sort of force everyone to deal with the karma right now. But if they aren't doing any of their inner work or doing anything to make up for that old karma, or if they have lots and lots of karma that they have to pay back, they will stay as well. It is going to be, although it may seem frightening and a little scary, it is going to be massive amounts of experience for these people that they will add to the collective, so it is vital for them.

J. When they're experiencing this, what would be one way to find out the life experience and the purpose of them having to be left behind?

A. Well, that's one thing we hope that your book could help with, is then to go within and tap into their team. There will still be practitioners and other sources of healers staying behind, so they're looking for a way to connect in. If they're having trouble, we will put people into their paths to help them because there will still be a lot of lightworkers that are aware of the shift, that will stay; so they'll know how to, or they'll be able to seek someone out or be able to tap in on their own and see their purpose, some of them. Many already know that they're staying and they know that's their purpose, and although it may not be easy for them, they know they will have other options at the end of this, so it's just like a bit of delay for them.

J. Okay, they're still in service. I understand that; thank you so much. In terms of what the planet will look like, how much destruction? How many natural disasters would have occurred during the shift?

A. Yeah, there will be a fair amount of natural disasters. They are going to be looking at a much different world than we have even now, and you already know the planet right now is not in that good of shape, so it's going to be a scary place, and there's going to be food shortages, and there won't be medical (services). There will still be medical people, but things are not running the way they are now. It's going to take a lot for these people to get used to it and it's going to be more like survival mode for them. Still, we're hoping that amid this, some people can really tap in and go within, see the purpose, even find hope, be able to help others and learn the lessons that they're supposed to learn during this time.

J. In terms of food, power, electricity, petrol, what can you tell me?

A. Will still be there. There will be food, but as we said, there will be food shortages, there won't be manufacturing plants. Everything won't be going how it is now. There are going to be significantly fewer people. There won't be enough people to run everything. We see things continuing for a little while, for short times, but lots of things will come to a standstill that is going now. They will have power for a bit, but then they will lose that power at some point. We just can't really even say how long that will be right now, but we see that there will be some time where they will be without power, and it's not going to be the easiest time for them, but again it's going to be invaluable experiences for going back to Source.

J. Absolutely, and as we know from all the sessions you've done with us, there are no good or bad experiences; they're all growth opportunities.

A. Yes, that's entirely true, and these people, some of them, are extraordinary, and they have picked the most challenging road for themselves. Maybe they've had it easy throughout their life but now they will be learning lessons quickly. So it's going to be an excellent experience for them to have overall, and they're all going to fulfill these life contracts and learn so many lessons. It's going to be hard for them, but they're going to be grateful in the end.

J. Those tools and experiences that they are collecting being on the Old Earth, I'm assuming, would be purposeful for future lifetimes that they get to experience?

A. Yes, they sure will, and some people even have volunteered to stay on the Old Earth. Many have lived earth lives before and are still here and have still volunteered to remain on the Old Earth to live out this time on the Old Earth and learn these valuable lessons. It is all purposeful. We need some of you to go to the New Earth because we need so much help with all these people going to the New Earth. But there still are some enlightened souls and bigger beings who have decided to stay and help out.

J. So, have any of the three waves of volunteers chosen to stay and be a part of the Old Earth?

A. Yes, there are some from every wave that have decided to stay.

J. Thank you. For the practitioners who do this work and who will be on the Old Earth after the shift, will they be given the bigger information because it seems like they have a belief system that the New Earth is here and that it's merely just a mindset?

A. Yes, they are sort of being blocked right now, whether it's them blocking themselves or us blocking them, they are not to know this vital information at this point. They will know it once everyone is gone; they will tap in and get the answers they seek. They will find out exactly why they're here, and they will be given messages to help humanity, and hopefully, they can spread the word any way that they can as well. We're trying to leave as many tools as we can for these people, so your book would be one tool, and then there will be other practitioners and healers, like reiki and different kinds of healers that will stay behind as well, that will tap in and try to help.

J. Fantastic, okay, that's great, thank you. In terms of my channeling, will I channel people who are in my future on the Old Earth and be able to get an insight and perspective of their lives as they are experiencing it?

A. Yes, you will. We will be there, and we will make sure that you have all the resources you need through channeling and sessions and whatever else you need to get this book to be what we need it to be. If it's possible to print it, we would like it to be printed. We feel like there will be an opportunity coming to you to have some copies printed.

J. Okay, and just like with these sessions, I trust, as you've always told me, that the most appropriate people are listening to these sessions, and it will guide them one way or another?

A. Yes, that's exactly what we wanted to say as well, that it will be just like your sessions, the people that are supposed to find the book, be it in a digital format or a hard copy, will come across it. Someone will strategically place it in places where the people that need it most can find it. Just like with your sessions, it can be a smaller number of people, you don't have to have millions of followers and you won't have to have millions of readers of the book either. It will only have to be a few of the right people, and they will be able to effectively spread the message to all the others that need to hear it. It's just getting the people who will be more willing to listen to the message once this event occurs. Once the solar flash occurs and all of you are gone, they will be way more inclined to seek the answers they're searching for because they will have no other choice. They're going to want to know what has happened, and that's the only way they're going to find out. They will not turn on their TV and see the news and have all these people spoonfeeding answers. They're going to have to be searching out for the solutions that they seek themselves, so they will, whoever needs to come upon it, will come upon it.

J. Fantastic, thank you. In sessions, I have heard that the solar flash is what individual people will see as they shift; is that still the case, or will people who are left on the Old Earth also notice a solar flash?

A. There may be some that will notice the solar flash, but mostly the people going to the New Earth will see the solar flash. A few others who are enlightened and aware of the shift will see it, but most people will just be oblivious to it. They'll just see that many people have died in what they'll assume to be massive disasters or it might be explained as the Covid virus or some other sickness. They're going to assume people have died for some other reason. They will not assume that they've left for

another planet until they start to seek out the answers. Because it's so many people, they're not going to buy it, and they're going to think that something else must have happened.

J. Yes, because it will be all different locations at the same time?

A. That's right, it's going to be all over the world, people going from everywhere. It's going to be enough to send people searching for answers. As we said in the session earlier today, there will be massive amounts of people who are going to turn to religion or spirituality to seek answers. They're going to think that this is something so huge that it's going to be greater than just humanity. They're going to have to admit, number one, that there is something bigger than themselves out there, and then they're going to have to search for these answers. We feel like there are going to be many more people than you think that will be searching for answers on this Old Earth.

J. Will some people assume it is what religion talks about as the rapture?

A. Yes, there will be many that will assume that, and there will be the ones that will be on their knees praying, and they will wonder why they haven't, why didn't they go since they were such devout followers of God and the church, but they again must learn that there's more than just what they've been taught in their religion. That would be one of their lessons, to learn that humanity hasn't been told the truth through world religions. We have to seek out some answers for ourselves.

J. Will part of the importance of the book be about how to deal with grief? Dolores Cannon has covered this in many of her books about grief being an emotion. The person has merely stepped out of one life and into another. For this shift, you're stepping out of this planet and arriving on the new planet, which is evolutionarily fantastic. So when people understand that and know that, there would be no actual grief, it would be more disappointing wondering why they have been left here versus feeling profound grief.

A. Yes, that's very true. We think grief is maybe one of the starter topics in the book. Perhaps one of the earlier chapters would be on grief because that would be one thing that they would need to process first before they're able to move on to why

not me, the jealousy, and the anger. Once they get through all that, they will get to where they can see the purpose and the bigger picture. That will be the best tool for them to deal with why they're there. Once they accept that it's their purpose and realize that they have to help others and carry on fulfilling their missions, they will have a much easier time. Also knowing that it is also only temporary and won't be for a lifetime, will just be for a short period.

J. And in terms of it being just a short time, is this something you want us to ask and explain to them in the book, that the earth now is this Old Earth that has no consciousness as it is merely just a vessel that has had consciousness reincarnated into the New Earth? Do you want us to go into depth about the destruction of the planet after that?

A. That's a tricky one. If that is mentioned in the book, it needs to be near the end. We're sort of wavering back and forth about that one, but the information is still out there. There will be others that will tap into that information, so we feel it should be included, but nearer to the end of the book so that they've had all the other information first before they have to hear that hard truth.

J. Motivation!

A. But we think in some ways, it may frighten them, but again, when they see, they're going to know. I mean, they're going to feel it around them because the difference between a planet with a soul and a planet with no soul will be drastic. It's going to be a drastically distinct feeling for them, so they're going to know that something's wrong. They're going to know it in their souls that the planet Gaia is no longer there. It will probably help them know the truth and to know that they're not stuck here indefinitely, that they will be leaving the planet as well and moving on to better things. We want this to be a book that gives them hope by the end, that helps explain to realize their purpose and fulfill the life contracts how they're supposed to, to know that this is purposeful, that they haven't just been abandoned and just left on this desolate rock, that they're there for a reason.

J. They haven't been punished. I get a sense that they probably feel like they're all in the naughty box, and they're not. They're experiencing how to master Old Earth.

A. That's so true; lots are going to feel like they're being punished, especially the religious fanatics. They will feel lost because the only thing that's kept them going is this belief that God is going to save them, and when they feel like God hasn't saved them, they will need something to get them back to a place of hope. We don't want many people trying to take their own lives, trying to use exit points that aren't theirs to use, and we won't allow that either, but we don't want them living in misery with no hope either.

J. Of course, a very delicate balance isn't it, to keep them out of grief, to keep them in hope and to understand the purpose, and for them to master all of their experiences that they've chosen to explore and experience on the Old Earth?

A. Yes, and that's one thing that we want you to focus on, is the fact that they chose this and that they were chosen for this, that they wanted to get the most that they could out of this lifetime, and that they stayed and fulfilled these past life contracts. It is going to put them ahead so far in their future lifetimes, they're going to be super grateful for it after, but it's just trying to make them realize that while they're in it.

J. It's like going to the extreme Olympics for the earth.

A. That's so true, it is going to be the extreme Olympics, it's going to be a test on some of them, but some people have been waiting their whole lifetimes for this, so there will be some people who will thrive in this.

J. Fantastic, well, let's hope that they also get to read the book and feel inspired to take the lead, be in charge and be influential positively for these people who are still struggling to understand the concepts and the purpose of their Old Earth experience.

A. Yes, they will, and that's what we want this book for. There will be lots that will know deep inside that they're meant to be here, or they've already known because they've done quantum sessions and found out or know some other way. Some people will just know. Many know with their intuition, they will understand that they are there to help people.

J. Will the mainstream media cover any truths after the shift, any disclosures?

A. We see that there will be some truth, but it will be mixed in with confusion because they're not going to know, and a lot of these people where the media is getting their information from will be gone. A lot of them will no longer be there, so they're going to have to get up and report for a change instead of reading scripted material that's been handed to them. There indeed will be people that will go around and try to make sense of this. Again, we hope that some of those intuitive investigative people will come upon your work and the work of other practitioners that will be telling the absolute truth. We don't see that there will be much for disclosure because they will be focused on other things. They're not going to want to hear all of that necessarily. They will figure out that Covid isn't real. No one will be able to worry anymore about Covid because they're going to be dealing with other pressing things that are happening right now in there, and they will not worry about silly things like masks, etc. It's going to toughen up many people who've been living cushy lives that are asleep and have just been spoonfed all this information. They are suddenly going to go out and find answers for themselves. It's important for these people to have this time to do that because there's a lot of people who've been just kind of coasting through this life, and even with all of our energy shifts, they're not going within and doing the inner work, so they are going to be forced to at this time which is going to be great for them. They're going to finally kind of snap out of their comfort zone and really start living.

J. Will they essentially be scared of others or will they just be so traumatized from the event that they will want to cling together regardless of who they are and seek comfort and support from strangers?

A. We see that there may be a few people who will fear others, and there may be some people that aren't even necessarily aware for some time because there are people who are almost isolated right now from the world, and it may take them a while to figure out what's going on. The people left in a lot of the cities will be tentative at first in finding others. But they will find other people and they're going to become like family with those people because they're going to be just so glad to see other people in the same boat as them. Some of them are going to feel like they've been left here alone even though there will be some that will still have family members here or soul family, as in friends or whatever. There will be a lot

that are on their own, and they're going to want to go out and find other people. It's going to make for bonds that will be like nothing that people have ever experienced on the earth as it is right now. They're going to feel so close to these people; it's going to be one of the most beautiful things that they're going to be able to share through all of this.

J. A sense of survival together.

A. Amy's kind of thinking in her head like The Walking Dead. She likes the Walking Dead, and there, as the people dwindle and dwindle, they get to be unreasonably or irrationally close to each other. They just love each other to pieces. It's like their own children or whatever, and it's going to be quite similar to that. People are going to bound up into like homemade families.

J. Great news almost seems quite manageable then to have profound connections with people, learning with the experiences and supporting each other, fantastic, love it. Now I can see the significance of supporting these people through something quite extraordinary and definitely out of their comfort zone and routines.

A. Some of them are going to meet up with souls that they've known in other lifetimes, that they haven't yet had the pleasure of meeting, so they're going to know those people they can trust, and as I said, they are going to go out of their way. People are even going to be willing to give their own lives for these strangers, so to speak strangers who have become their family. So we see some beautiful growth there. It's going to be so much growth for these people, even though it's going to be very hard for them.

J. I can see both sides of that, remembering no good or bad experiences but just fantastic experiences for growth and purpose. Okay, I'm feeling very focused on this. Do you get a sense of the time frame you want to give me for completing this book?

A. You can have as long as you need, but we feel like just given your nature, that you're going to give it your all, and we don't feel like it's going to take you longer than a month probably, to get a rough draft going.

J. Great, okay, yes, I am very diligent with my work now that I can see the purpose.

A. We know you are. We're going to be there; we just want you to know that we are going to be 100% they're supporting you every step of the way, we are going to be there in your ear telling you exactly how it is to be put out. We are going to be helping you every step of the way.

J. Great, okay, thank you. I will honor this because I know it's bigger than me and it's putting me out of my comfort zone, but I understand that this is greater than me. If I were on the Old Earth, I would want this manual of support and guidance. Just like I feel like how Dolores Cannon has left me all these books to manage the 3D world before the shift, I want to be of service as much as I can to help people with as much compassion and consideration for them while being sensitive to the experiences that they're having.

A. Yes, and just like you have gotten so much comfort out of reading Dolores Cannon's books, these people are going to get so much comfort out of reading your book. It feels like they may even go searching as long as there's internet available and find sessions and listen to some of the other information as well. But we want there to be something, and we want there to be a hard copy available if there isn't internet available. We feel like it's vital these souls get to feel supported, and just like we have supported all of you getting ready for the New Earth, we want to support these people as they play out the days on the Old Earth.

J. Absolutely, I get a sense that people value content when there's a financial exchange, but I feel like this kind of material should be given freely. I'm trusting that we will work this out in divine timing.

A. This will all be worked out in divine timing, and you don't need to worry because we will give you all the resources you need for this. Because it is so important, there will be some money coming to you to assist you in printing this book and distributing this book.

J. Okay, cool, well, again, I trust everyone will get it if they need it, so thank you, thank you. Is there any other information you want to give me about this?

A. We just want to say that you know we have thought long and hard about this choice, and we know that you're the perfect person for this. We know that you're able to do this in a way that will come off well. It is going to be set up so that it is easily readable and that it all flows and that they can jump from one stage of their development to the next and that we will be there supporting them as they're reading the book as well. As you have probably already guessed, just like with the sessions, there will be multi-layers to the book as well, so if they are to reread it, they will get more out of it. And the thing you have to consider is in a sort of apocalyptic world, there may not be a lot of stuff left that people even want to read. They probably won't want to read any of the fiction books anymore, so they're just going to be devoting their time to searching for these answers and figuring out why they're here, so they might be reading it and reading it and reading it until they can get no more out of it. We hope that makes sense, and we know that you're going to do a fantastic job of this because you always put so much effort into everything you do, and it's just a fabulous lesson and purpose for you to achieve this as well for you before you go on to the New Earth.

J. Okay, thank you, and I feel so much more clarity now on this purpose, and I feel very positive and trust that it will be precisely how it needs to be for these people, these incredible people that will be here on the Old Earth. Thank you, thank you, I will put great diligence into this, so thank you. Now I'm feeling excited about this, which is exciting. Great, okay, now I've got clarification.

A. It is actually a gift that we're giving to you of another fabulous thing that you can learn how to do before you go. We know that it's putting you way out of your comfort zone, but we are excited that you're optimistic about it because we know you will excel at this, and you're going to be so impressed with yourself when you finish this. And when you see the finished product, you're just going to be beyond happy.

J. Okay, thank you, yeah, I already feel like I've got a support group ready for me to be able to help me with this, so it doesn't feel like it's just myself and that I have to do this all alone, so I feel very speechless, which is not so fantastic but thank you so much. I appreciate it, and I guess because I feel like I've already covered so much

content of the shift and New Earth, it seems obvious that now I need to explore the Old Earth for the same reasons I had to with the shift and the New Earth.

A. That's right, it's just another avenue of information for you to learn, to make you just have a broader range of experiences for yourself and like I said, the importance for these people, you can't even imagine the difference you're going to make to these people. You know yourself just how much you and the group have appreciated all of the sessions and the information to keep them going when they felt like they were maybe impatient or didn't know why they were here or were lost with the Covid or whatever made them come to the sessions, these people will feel that same way essentially, except they're going to need it even more because it's going to be even more of a burning desire to find out this information. They're going to be driven; there's the word you're looking for; they're going to be so driven to find this information. So we just want to make sure that it is available and that it is good information for them, and that it will be the right information to set them on their proper path.

J. I guess because they've already experienced the shift and are still on the Old Earth, they've got proof that this content is legitimate.

A. They will. That's why you don't even need to worry about the proof because it will be there. The evidence is going to be there in the air. They're going to see it all around them. They're going to know that this didn't just happen by accident. All those people don't just die in one day and within a matter of hours, I mean, it's going to seem like the same time for them. There's no way that they are going to think that it is anything other than some kind of, we'll say divine act. They're going to know that there's something more at that point. The New Earth is going to give them the peace that they need to be able to carry on.

J. Fantastic, okay, thank you very much. You have set up my homework very well for me. I appreciate it, so thank you, thank you, thank you.

Chapter 6 - Post Solar Flash, Dehydrated Skins and Book of Eli
11th of April 2021 session with Karen A.
https://youtu.be/uw-K2G-MgJg

J. Regarding the solar flash, what can you tell her about that?

K. For this vessel, we gave her one glimpse of the solar flash months ago and haven't given her more glimpses of it because of her impatience. She needs to concentrate on her present 3D life and be of help to other people and not keep looking to the future for something that hasn't happened yet. And so she was curious. The solar flash is not quite a flash; it is an enlightenment for each individual when the shift happens. Some will see it as a solar flash, but it truly is your own light within yourself of being a light being that you indeed are.

J. Sounds fantastic; I can't wait for that experience, so thank you very much for that. Karen has also had visions of seeing only skins left from our bodies after we shift. Is that how the ones left behind on the Old Earth will view those who have shifted?

K. When the shift happens, it may seem that some people just disappear, and for those who are left on Old Earth and are trying to investigate and be their own detective, that's what they may see. You're not going quite to see a freshly dead body but see something of the essence of that individual, and it's an ascension. We are ascending so it's not a dead body that they will be seeing, but the leftovers of what's not needed, and their rest goes. Those who do their own detective work during that time will see this, and those are the ones who will start putting the puzzle together, figure it out and then help others with it.

J. How will they know the difference between a "dead person" versus someone who has just merely ascended?

K. For a person killed by, let's say, a gunshot or a heart attack compared to someone who has just ascended, the body is still there with flesh and all and lifeless. The ones that ascended look almost dehydrated or completely dehydrated. The skin is left, and the clothes are there, and that's what they'll experience. A lot of them won't see this because their eyes won't let them; it will only be for some to see. For others, it will be that people just disappeared.

J. That's incredibly interesting to know. Is there anything else you can tell us about how people on the Old Earth will experience what has been left over and their life after the shift?

K. A lot of the geographical terrain will be different, in some areas very drastic because of natural disasters. Certain parts of the world will be worse than others depending on where they live. Some will almost enjoy it because they're going to walk right into big old houses and make themselves at home while others are just demoralized. This will be a combination of that. Electricity and the internet will still go for a little while, but it will eventually cease. There will have to be communities working together; they'll be looting its stores. Eventually, the ones who are police officers or taxicab drivers or doctors, nurses, or whatever their field is will not be helping others as much because they realize they have to protect their own families who are left; survival mode. While there will still be humanitarians who will help others anyway, and there will be like-minded people coming together, it's like finding people as groups to help and survive. While you'll have others be more of a gang-type scenario and it'll just evolve that way, eventually it will be seen and understood that they need everybody to help each other survive.

J. Yes, overcome a lot of inner work to want to be that profound humanitarian and still survive without being threatened or in fear of others.

K. Right, it will be some inner work, just a lot, coming out of themselves and being of use for themselves and others realizing that humans are a social animal, not hermits, we ought to work together.

J. So true, any sense of the animals that will be left on Old Earth?

K. The more predatory animals are the ones who will. More likely not, for example, alligators just had the sense of eating & sleep; some of the cat families in the jungles or the desert are all about survival mode and the kill.

J. I'm getting a sense that a lot of animals will shift. Will this give people more questions about what happened since most of humanity and most animal kingdoms leave on one certain date?

K. There'll be some confusion because they wouldn't think that they just perished because of natural disasters. It's going to take some time to put the pieces together and realize that not everything left or perished because of natural disasters. Some aren't there, so it will be communication between and travel from one end of the world to the next to figure this out and to talk to others about what they've experienced.

J. Yeah, thank you, and in terms of the beings in the Inner Earth as we call them, will the people on the Old Earth be aware of them after the shift, or will they still be completely oblivious?

K. Some are pretty entirely oblivious. Others, who start doing their own detective work and start putting the pieces together, will suddenly see what's been there the whole time, not realizing it. Then it will be again a community effort to help one another, the Inner Beings, of course being a little more advanced and able to help more.

J. Thank you, they will appreciate them. So the next question that this person would like to know is, how is Gaia doing, and can we send her much love?

K. She is remaining patient, but she is on life support. She's hanging on. She's hanging on with the help of all of her team and the support she's receiving from the collective and from the love that's being sent out from humanity. She's hanging on, and she could definitely use love and support; it'd be easy for her to give up, but she's still trying.

J. Thank you, will we all send love and appreciation for her patience with us as we try to work out this shift in the best ways appropriately for everyone. Are we able to send her our profound gratitude?

K. Yes, and much love to her, as high vibrational, all the love and hugs you can vibe/give energetically, much needed for her right now.

J. Thank you, thank you so much. I really appreciate that opportunity to be reminded of our duties and responsibilities for that. Karen would like to know about

my new book project. Will it flow effortlessly and be done within a month's time, be published in a month? She sees a vision of it like a movie, The Book of Eli with Denzel Washington, where he carries around the book like a bible and protects it.

K. The movie is The Book of Eli and the actor who played one of the main characters is Denzel Washington. Throughout the movie, it shows a desolate earth after some trauma that happened, very little running water, lots of gangs, destruction, people in survival mode and he is going from one end of the earth to the other carrying a book which is a bible, all in braille, blind the whole time and no one knew it. That's the movie. That was showing how important the book was, and when he finally made his destination, it was published and spread. It was going to be distributed because the books in that movie were all destroyed. So, it's to give you a bit of enthusiasm or know that you're being supported. It's to show the importance for those who are left and may find the book, either online or by printing it off themselves, they will use it as a toolkit just for survival and spread it, and how just one person can spread it to others. It'll be very purposeful, very helpful.

J. Oh, I see, thank you. I know that many people who listen to sessions, who are still on the skeptical range of their journey of spirituality, hear things like when we talk about the shift and the New Earth and the Old Earth, they want to refer it to something that's comfortable to them that they already are aware of, such as movies and books. It feels like there are a lot of TV programs such as The Walking Dead, for example, and a lot of other series that show people these doom and gloom situations and how people are surviving through it. Is this literature, is this material making such an event in the conscious collective that we're creating this, co-creating this, OR is this information that we are learning and growing from to consider one day possibly this is our future? What can you tell us about our reality versus our "entertainment" that we see and we're absorbed into?

K. It's more like the latter. Through some writers and producers, we have gotten so much of us through, to show what's to come and how to prepare and all kinds of different scenarios and how to expand. And so not all is just plain old science fiction. There's a lot of truth there. A lot of people watch the movie and just go on their way, and others ponder it. When you think about all the science fiction series, movies and books out there, you either think someone has a big imagination or is

seeing the truth. That's for one to figure out themselves, but we have our reasons we put them out there. Let's expand the mind and see all truths.

J. Thank you so much.

Chapter 7 - Collectives' Message for You - Accepting and Mastering Old Earth
12th of April 2021 - Collectives' channeling message to me with information for you
https://youtu.be/hnbrf4MGyYY

We understand that this is not an overwhelming feeling for you, but a sense of duty of service, as well as the pressure. There is a reluctance to feel the emotions of being connected to people who are on the Old Earth because there is an awareness of the anxiety, the stress, and the heightened sense of vulnerability and survival mode. We understand that you have been reluctant and resistant to explore this content further because of your barriers that you are trying to put up for your own emotional protection. So this is purposeful for you to now explore all the situations that will be felt on the Old Earth, so you can then report back and be able to have profound compassion for those who have been so brave enough to have put this on their life contract for them to experience this. And while they are currently experiencing it for themselves being part of that experience at an individual level as well as the groups that they will form, the information shared that we want them to be able to hear through this channel, through this literature that we are creating and co-creating with you is for the purpose to be able to give guidance and support to those who can find, share, and learn from the content we would like to provide for them. We understand it is quite a big step for them to accept or even consider that there are advanced beings who have been watching and serving humanity from our perspective and from our position in the stratosphere to be able to monitor, encourage, guide, protect, and be of profound service that is really going unnoticed by the majority. And those who are aware of us, this is purposeful because they need to be able to do their own roles and fulfill their own duties. Regardless of what you have in your life contract and what you have signed up for, it's the journey that is the most important to be able to have those experiences and expand upon them to be able to learn and grow. This is very purposeful. We have said this many times, and we want to reiterate this now. To go through something as your own personal journey has much more growth and experiences to build upon versus reading it in a book. So even though we know that this material will be in a written form, we want the concepts to be given to people so that they can ponder, so they can understand the purpose of life being a multi-dimensional being which means that you have many extensions of yourself, considering there is no such thing as time in a linear format. Time is occurring simultaneously, so the people in your "past" and the "people in your future" are occurring at the same time. There is no past, there is no

present and there is no future. When you're looking at it from different angles and perspectives, you only just have the "now" moment, and what you're experiencing now is what you were supposed to be observing. While you think you will be reflecting on the past as an abstract, as soon as you start thinking about your own past, you bring the emotions with you. We want to let people know that everything in existence is happening at this very moment. Time, how you perceive time, how you count time, and how you refer to time is a man-made construct. The reality is, from our perspective, the time frame that you have here on this planet is going to run its course, and it is free-flowing from that, and it is going to evolve as it should do, knowing that everything is totally as it should be in order. There is chaos and serenity, and that is in perfect order. The universal laws must have both extremes to be able to find neutrality and balance. It doesn't have to always be in high extremes or low extremes, and there can always be different levels of emotions as you choose to explore them. But if you are experiencing them, you must experience the emotions along the way. Just because you stubbed your toe and you're reacting and experiencing that pain doesn't mean that that pain will be with you for the rest of your life. If you want to focus on that pain, you will keep having that pain until you take your focus off from it. The pain from your past will still be with you if you keep focusing on it, rethinking it, re feeling it over again in many cycles and loops. We want to say that you cannot see into your future as much as you would like to. There is a great purpose for that because if you knew your future and suddenly realized that you don't have free will and the illusion of having free will is taken from you, that is incorrect assumptions from a human mindset. You have made all the decisions to get you to your future, so it's already been done. You think that your free will has been taken from you when really you've already made those decisions in the future to be able to make that occurrence happen. We understand that this is confusing for many when they say, "well, why do I need to have the experience if I've already had the experience of the past and in the future?" It becomes extremely convoluted, but when you take yourself out of the time frame of the experiences and step into a higher dimension, you see that it is all just a natural, not loop, but it's already occurred, already happening, and is continually happening from our perspective. It is how time travel can occur. This is how many things can occur that you haven't been able to consider even possible. It is not our desire today to explain how all of the metaphysical realms work and how you must perceive things in an infinity sign of lessons, circles, and cycles. But it is important for us to get the concept that there is much more than you perceive happening.

Your one experience here right now on this planet now for the people listening in real-time on the "day" that we are saying this will be published, you will be able to hear it on YouTube and other online services, and for the people in the "future events" who will be reading this in book format, regardless of whatever format is presented to you, we're wanting you to know that while everyday life may be struggling, it is an experience for you. Your attitude will give you a great day or a hard day and how you perceive the challenges. Are you going to feel defeated and overwhelmed, or are you going to feel like you're mastering it and seeing that this is merely just living out life as you need to explore and experience everything you have asked for and be able to make the most out of it? You could have in your life contract to have a very miserable attitude in life and to always see the negative in everything. That could be your life contract, but you will know in your heart with your moral compass what you should be doing. When life is very easy and joyful and it seems that there are not that many obstacles, that is when you are moving forward and doing as you need to do. You have to accept that life is not fair but what is in your control is to see how you react to things. You are in complete control of your reactions. Be observant of your knee-jerk reactions that have been created in the past and that you are simply repeating a cycle of your reactions emotionally. Be accountable for the way you choose to act, and instead of reacting, think about how you feel when you know things are merely playing out for the experiences. If you've already mastered drama, if you've already mastered self-sabotage, then maybe you want to have a different experience and take control of things that way. When you realize the power of your mind, when you see that you can manifest a lot of abundance and a lot of insight, support, and protection, and when you realize that you can master life that way, you will stop focusing on the lower emotions, you'll stop feeding into the lack mentality, you will stop manifesting drama, isolation, and alone. We want to confirm to the people on the Old Earth, when you are meeting others, that they are also diligently wanting to experience this perspective of the planet. This is a significant time for you all to seize the day and come together to be able to survive with safety, knowing you can trust each other. That is a profound experience, to trust each other, to trust yourself that you will not betray others, and you'll not betray yourself. To be able to know that you can deeply, with great compassion, love each other, support each other, protect each other, be diligent and loyal, those emotions and experiences are not often able to be attained in your normal day reality prior to the shift and to the events. So you're able to see that the people in your lives are of great significance. Of course,

we could say that to people, right now, everyone in your life is so important and significant to you because they're offering you growth of experiences, one of support so you can trust that you deserve the support and honor the support and one is to trigger so you can learn where you still have weaknesses and strengths. Growing from a triggering experience which is making you want to have that natural reaction is very important for you to be more focused and aware of your emotions that simply just come out without thinking about them. You often will walk, breathe and do everything intuitively and automatically without thinking, "Left foot, right foot, I am walking, left foot, right foot, I am moving." You don't think about those things, but you do it naturally. We're saying that many people don't think about their reactions. They do it naturally. Take a moment to look at your behaviors and your reactions, “are these old patterns that are no longer serving you, are they old belief systems that are not serving you?” When you love yourself profoundly, you have confidence in yourself profoundly; you don't take things as personally as you once did. If someone is projecting their issues onto you, most would assume there is truly an issue with you. When you love yourself and know that you don't have insecurities, you're not people-pleasing anymore, you know who you are, and you do not buy into someone else's projection of your lack or your accountability for something that you know you are completely empowered with. There's a difference between someone who has done their good inner work, who has strengthened themselves through epic experiences to learn and grow from, to have an empowerment and belief system that they are a loving being, they have deep, profound compassion for others and they know the integrity of their approaches to life versus the people who have big egos, who think that they don't need to do any inner work, think that they can fool people, trick people, and manipulate people to get them to do what they want to do. Those people will also be there triggered. They will have to experience empowering themselves and not pushing others around to be able to help them. When you're in survival mode, you have to have profound "going within" moments, weeks, days, months because you have to be quite heightened. If you can't trust yourself, you're going to struggle. So everyone must have to trust themselves profoundly first after going through such an epic experience after the shift to really think “why.” They will go through guilt, doubt, fear, and worry, all their lower emotions. They will have to be honest with themselves about why they survived, why did they survive and all the other people they know didn't, and it will have to be a very sobering conversation that they have to have with themselves. They will reflect profoundly on all of their actions. When

you are so busy in your day-to-day lives, distracting yourself from spirituality and your inner work you can easily convince yourself not to have time to go and do your inner work. So when you find yourself alive on this planet, when more than half of humanity has disappeared and has appeared to be departed and deceased from this event, when you notice animals have disappeared and have died too, when you know that profoundly something very, very, very big has happened and you're going through all of your grief and trauma, and you're feeling all of those insanely intensive feeling, there are many emotions that you will process as you are exploring all of this. Worrying about "you deserving this" and "that this is happening to you" because of something you have done will come into play at one point or another. Of course, we are talking to many people right now, so we understand we cannot give everyone a guide by guide blow of their emotional steps. There will be many emotional steps that people will take as they are processing and understanding what events have unfolded. No one has done anything "bad" to deserve being left on the Old Earth. This is not a punishment; this is merely an experience and a lesson you all have signed up for in your life contracts. You have all wanted this experience. No one was left behind by accident; it is purposeful. Everything you're going to experience, profoundly experience, everything's going to be very heightened, and it is going to be intensive feelings of emotions, all of the ranges of emotions. Many people will feel like they will not be able to be happy, feel joy, or feel proud of themselves, or have any positive feelings because of the intensity of feeling "we must be in profound grief for what's happened, we must feel all these emotions," and then there will be others that are saying "we should feel happy, we should feel so lucky and privileged and feel so lucky to be alive." This statement will trigger many. "How can I feel lucky to be alive when so many people I know are not here anymore? How can this be lucky? How can surviving this be anything but a punishment?" The emotions of this will linger on so deeply when you're all trying to figure out what has happened and why. We can tell you all why. You will maybe not be able to process it and accept it. Our perspective has one of lack of emotions because we are not in a density and in a dimension that dwells on the lower emotions, the heavier density emotions you are all experiencing, and do experience on planet earth. This is a unique planet in this way right now, how heavy you are all and how used you are to having the reactions of the lower emotions, jealousy, anger, resentment, victim mode. All of those emotions that some people still focus on as they want to distract themselves from doing their inner work are purposeful to experience those emotions. You want to be able to experience them

all. But when you start adding spirituality to your life, you can't keep using the same old excuses time and time again because spirituality is making you see and grow your consciousness to realize that there is more than just this one life, there's more than just this planet, there is more than just humanity that is existing, there is so much more to learn. We want to say that some of the beings left on the Old Earth did want to experience the ending of the planet. They had other lifetimes where they were part of the creation of this planet, the architects and the blueprints to be able to design it well. They want to be here at the end to be able to support the planet and to see how it goes, to support the beings who want to be there to explore after the shift, to profoundly experience those intense emotions you cannot have in any other situation with most natural disasters in the singularity you may experience. You may experience a small flood, a small hurricane, or a small earthquake but everything will eventually rebuild and be back to normal because it's only localized to just your area at that time that is having these events, but it will heal. You have the same infrastructure, and everything's still going on. There may be some delays, but it's a small scale compared to what is about to occur. After the shift happens, the thought of having to rebuild humanity with it being so broken and fractured, the systems all collapse and you have to form new systems within the communities that you form and build into because you need the company and like the company and feel more reassured when you have the company of others. You will keep to small groups for a while, and those small groups are significant because you have to feel others' emotions, you have to grow with them, you have to keep yourself together and not have a complete big breakdown because you're wanting to support each other. Having big breakdowns is fine. That is an experience that we don't judge on, but it's building yourself up after the breakdowns that are the most important experience and growth that you could obtain from having such an emotional experience. There is still so much that we want to say, and we would be interested to hear specifically your questions that you have so we can share more direct information and content for you. We know that the people trying to come to terms with "how did no one warn them about this?" We want to say you were not ready. You were not allowed to be forewarned in the majority, and those people who were forewarned did not want to accept that reality; they did not really know how to prepare themselves. Even though they feel prepared, it is like having a newborn baby. You feel like you are prepared. You think that nothing will change you too much, and it will be manageable. But it's not until that newborn baby comes into your life all those feelings that instantly happen and

are formed by that baby and how your life routine completely changes around that newborn baby, you can't truly prepare and plan how your life will be once the arrival happens. This is the case with the event. Once the event does occur, you are all going to just have to continue on, and it will be incredibly shocking in many ways, but as soon as you start realizing you're not the only one that has experienced this, you will be able to support each other. The more you find each other, the more you support each other, the more the connection, the community and the problems are shared and supported, you will be able to hear each other profoundly, support each other profoundly, and you will, as time grows, realize the true depths of emotions. You will realize the true depths of connections with others. You will realize the true inner thought and wisdom, and connections you have with yourself knowing that you also have a spiritual team, knowing that you have many guides supporting you, helping you, and encouraging you through spirituality and going within, calling on us, having conversations with us, and trusting the first thing that comes to your feelings and thoughts, knowing that we have never abandoned you, nor would we and that everything you're experiencing is exactly what your greatest soul wanted to experience, it is profound. We don't want you to go into fear. We want you to accept that life always has cycles. You always knew when you were aware of the life cycles, that there is birth, growth, experiences, expansions, and then the later part of the cycle is death. But in the majority, cultures want to make death taboo, scary, and something you should be afraid of. When you are afraid of dying, you don't spend much time living and focusing on living because you're constantly trying to focus on not dying. We would love it for you all to focus on living and living and living and making sure you don't miss any beautiful moments, making sure you don't miss any miracles, emotions, or feelings that come into your mind that you can enjoy. We have so much to say, and we understand we can't cover everything at this moment, so we'll leave it with you now to be able to reflect on where else you would like us to expand, to help you, to be able to give you more concepts and understanding, and more information and answers. So we will leave this with you today, and we say this with much love.

Chapter 8 - Experiencing Old Earth
14th of April 2021 - Public session with Karen B.
https://youtu.be/CI6WGpd4oYc

J. Can you give me information on the significance of experiencing the Old Earth after the shift, and why would people want to experience the Old Earth?

K. The ones that will stay behind and support Gaia's departure- that's one of the reasons for people staying here after the shift because the people have to shift before Gaia departs or there's not enough support for all the humans here. And then once she is gone, the world will begin to decay. There will be a lot of surface stress which will cause volcanoes, and then as that occurs, you will have earthquakes that go deeper into the core of the planet. Eventually, it will split. I do not see the total destruction, but it will be removed from the solar system.

J. And the people who remain after this shift?

K. They will not be here long in earth time, this whole transition will take up to two years. They will have resources because there are not as many people here and what's left behind they can gather and store and collect and use as needed. There will be villages. Most do not want to live in the big cities where the tall buildings are; they will want to be in more of a country setting. Whatever animals they can gather. There will be little farms. Some will grow fresh vegetables, and some will store the canned goods or even can the old-fashioned way fresh vegetables. The ones working together, they do it in harmony. Some will be gatherers, and some will be planners of things like developing the land or securing what they have, whether building a fence or just patrolling the perimeter to keep everybody inside safe. It looks like there are some conflicts with other people, people who want the simple way out, who want to rob and take what they need, do not want to do any work and want to take what others have. It is almost like the society you have now, but on a smaller scale.

J. Can we assume that all the people on the Old Earth were contracted to and also vibrationally could not shift?

K. It will be much harder to raise your vibration. It will take skills and knowledge. The ones that stay behind to support Gaia that are higher beings will have a lot of support from their spiritual team and reminders to help them raise their vibration. You still have to do that to leave and go to the New Earth. But once you reach a certain point, the timing is everything; they will shift as well. There will be a few that do not conform. They do not remember; they do not want to give up being that desperado or bandit, they like that way of life, there are very few of them, they will not shift. They will die with the planet; the soul does not die, but the body does.

J. So then, what is the significance of experiencing the Old Earth after they have experienced this current life?

K. It was always known that someone had to wait until Gaia left, and they, the ones that stayed, agreed to be those humans that stayed behind to help support with their energy until she totally departed, so it was in their contracts to stay. It was more of a, not a warrior role, almost a guardian role, we will call it a guardian role. They wanted to walk her down the aisle for the last time, say goodbye, kiss her goodnight, and that is why they agreed to do it.

J. How will that help their souls from that experience, help support future lifetimes and significant events for their experiences from living after the shift on the Old Earth?

K. The experience they gather and take to Source could be applied to other planets that are also not as bad a shape, but may be in that way quickly. So, what they are doing is like living a different life, though. I mean, everything is so different, it is darker, there is not very much joy, they are always in work mode or survival mode, it is unfortunate. It is the most challenging role a human can play, and it is so real. Even though we are told everything is a game, the end of it all does not feel like a game.

J. I understand; it would be unbelievably overwhelming.

K. It is making my heart very heavy.

J. What is the message for humanity today?

K. From what I can see, everything is on schedule; it has been beautifully planned and orchestrated. Unfortunately, the plans cannot be shared at this time. Everybody needs to continue to support and love each other. That is the most vital ingredient that expedites everybody's growth and shifting. I know that is the focus of listening to these sessions, so to move forward and stay on course, please do your inner work. That, I know it is trying and I know it's hard, but it promotes self-love, you find yourself, you are proud of yourself, and you love yourself, and once you love yourself you can love others better. Sometimes people say I love you all the time, but they are empty words. You have to love yourself to love others, so the stronger that bond gets with yourself, the more you can grow and help others grow. Keep up the excellent work.

J. Absolutely, I love that, a great reminder, thank you very much. Is there anything you would like to elaborate on or update me on?

K. I know that you are super excited on the inside about writing this. I almost want to call it a manual more than a book because it is instrumental in helping people develop skills. You are going to be giving a lot of yourself towards this project. It will not take nearly the time that you have predicted. It is just going to flow through you because of all the ideas coming to you from your spiritual team. Once you have your notes and organize your thoughts, you will know precisely how to put all the pieces together. Your manual is going to be quite large once you are done and once it is placed in strategic places after the shift, it will be found and shared, and you will be very proud and keep this dear to your heart for eternity, so thank you for your service.

J. Well, I feel like my attitude towards the project has changed as I have released all my judgment from it, so thank you very much for that clarification. Is it appropriate for me to have it as a PDF and share it freely so then people can print it out and do as they feel?

K. Yes, it is appropriate to do that. It is also appropriate if you wanted to publish it. The timeline is very tight because publishing and distributing before the event happens would not help as many people as we would have hoped, but it will help the people staying here. It can be shared with everybody in a PDF form, and it will benefit everybody who chooses to read it and learn from it.

J. Yeah, that is what I thought, and then do you get a sense that people would be emailing the PDF to each other just when they feel like things are starting to be eventful and there are a lot more signs that the shift will be occurring?

K. It will be distributed as soon as you finish it. Many in your group will be sending it along in emails, and then those people will send it along in emails. Many will receive it, and they will learn. It just may not spread as fast to help as many if it were published like a year ago, but the timing was perfect for you to do it now, so I do not want to put any pressure on the timing.

J. It is OK, I understand. Thank you very much. And out of curiosity, when people tell me that they are staying on the Old Earth and I get a sense that this is their ego speaking, how is it best to help them?

K. Just like all the other ego-based people that have mindsets that they know everything, and they are right, it's tough to change their minds. It's best, I guess, to let them figure it out on their own, and it may take up until the day of the shift, and then they will realize, "I am shifting anyway. I do not get to stay here." Everybody that is at a certain vibration will be lifted off the planet that did not have contracts to stay.

J. Yes, I recall it being a level of frequency, and I guess this is the reason why a lot of people were worried that what they assumed was asleep friends and family would stay here on the earth, but that is not the case, is it?

K. No, I think we had this in a session before. The ones that are not awake or have their inner work done segregated, I am not too fond of that word, but they will be sorted out and put into different classes of progress. They will be put on various vessels, so they have time to make those adjustments before they arrive at the destination that we have appointed.

JHT note: *I would like to thank all who printed this PDF for those reading this now. THANK YOU for being part of this tribe in helping others profoundly. I sincerely appreciate you. Your time and money printing this went into helping those who needed this the most. I will always honor your essential part in this.*

Chapter 9 - Cortney Talking With her Dad's Conscious and Subconscious and her Travel Experience to New Earth

19th of April 2021: Cortney's session
https://youtu.be/ozE4M_r8I6s

I first met my dear friend Cortney in Feb 2020 at our level 2 practitioner course for QHHT in Miami, USA. She is a massive part of this process, and as this has unfolded, we are learning our connection, roles for humanity in her 3rd session with me using her keyword to get her into a deep state of relaxation.

In the second session, she asked about her parents, if they were also shifting to the New Earth. In her 1st session, we learned her husband and children would be going along with her. To her surprise, her subconscious informed her that her father was staying on the Old Earth. To her, he has been one of the most open-minded people she knows and so she felt it was a given he would shift with everyone. As this book unfolded into place, we suddenly knew that this connection between a father and daughter is deeply profound. They both grew together in an incredible cycle with their mutual respect and love, part of their life contracts.

In her 3rd session, we wanted to explore what would happen to her father and understand this further since we were told he would be on the Old Earth. Straight away, the session was different as the subconscious gave Cortney the experience of being very dense and confused, and unlike her usual self.

C. It feels like this force of nature or something like, there is a big boulder, and there are wind and trees, and there is a fire. And I am this physical boulder-like rock, and it is like I can hear my Dad calling out, but I am like there in nature. It is like I am this boulder, but I can see my Dad, and he has the manual (this book).

J. Do you sense that you have embodied the boulder's consciousness and are observing from there?

C. It is really heavy, he is there, and he is calling out, and he is crying, tears coming down his face, and he does not understand, he wants to know more, he is mourning.

J. (this scene was very upsetting for her) Can I call in Cortney's higher self, please, and can you explain Cortney being the consciousness of that boulder and what that scene is about, please?

C. It is putting her consciousness there to hear, see, not as a body, just as consciousness witnessing there and being present even though he does not see her.

J. Is the planet's density reminding her of what it would be like to be a boulder, or did she embody the boulder?

C. Felt like an embodiment, but it also felt very dense and heavy, just the whole pull, the whole feeling of being there and being in that dimension.

J. Thank you so much, thank you. Are we able to call upon Cortney's father's consciousness, please?

C. Yes.

J. Thank you, are you able to tell us from your perspective what happened with the event when you suddenly realized what was occurring?

C. The weather got crazy. There was a lot of wind, there was a lot of debris left all around, and lots of people gone, no sun, very cloudy and just a sense of... just an eerie feeling in the atmosphere, lots of people were gone, reaching out and realizing that Cortney was gone.

J. Are there people around you that are remaining?

C. Yes, there are a couple of neighbors. After a storm, I'm picking up that we are coming together, those of us that are still there, trying to help each other and find out information.

J. How are you able to find out information?

C. Everything is down. There is a radio channel that is coming in, no TV, no news. I can tune into the radio on one station, and I do remember Cortney leaving the book

and going through the book trying to understand. It doesn't make sense at first, but as time goes on I realize that there is so much truth and depth there in the book, and I read it over and over and over, and I tell my wife about it; I tell just a few people. I keep the original copy, but another copy is made. I have another one made, and Cindy does something with it. She gives it to one of her daughters who is still there, one daughter goes, and one daughter stays. They are trying to figure it all out; they are trying to make sense of the manual; they know that there's something to it. Cindy's flipping through it, and I want to say she is at work, and she calls in a meeting. She has several other doctors that come together in a board meeting. There are four or five people there, and they are discussing this manual. I see them in a high building glass all around, and they are trying to make a call to action. I guard my copy with my life. I take it everywhere. It is always with me; it makes me feel connected to my daughter.

J. How is it that you learned or knew that Cortney had shifted? How did you get that information? I am just trying to understand if there is still internet or cell phone coverage?

C. It took a little while, I want to say about a week to figure it out. I could not get a hold of her; I could not get in touch with her. I could not get online with anything. It just came to me. Of course, I tried to call. I could not get through. Social media is down because the internet is down. Just knowing all the other people around me were gone, and I just knew she was not here anymore.

J. We are sending you so much love and healing, knowing that Cortney is always around you and that there is a bigger purpose for this experience, so thank you. So, can I talk to the father's subconscious please, I would like to understand the purpose of staying on the Old Earth?

C. You have to see both perspectives. You have to see and understand all these things that Cortney was into and believed in, and he believed in her so much, but he never could quite grasp it completely. Then the duality of being still there and witnessing just more of the chaos and the heaviness of the events would have restored faith in him. It gave him this all-knowing like trust and faith that it is like a split duality of faith and trust of the unseen but knowing what is there, even though

it is not in the physical but having that faith and belief and then still being in the physical if that makes sense.

J. Thank you in terms of the significance of your marriage to Cindy. What did you want to learn from each other this lifetime?

C. I wanted the challenges, she definitely pushes me, she challenges me. She knows how to push my buttons but I know that it is for my growth. I know I was just coasting, and life was easy breezy before. I love her, but she has given me challenges to look at myself and to stand up for myself because she believes in me.

J. Cortney often says that you also have such pride and joy and great faith in her, and she knows that so profoundly. That is so beautiful for a father to instill that belief system and support and empowerment to their daughter, so I know she would want you to know that she always feels your love and support for her.

C. Yes and the faith and belief I have in her and always have had in her is what she has given me in staying behind. I understand and see much more of the bigger picture now.

J. Thank you, are there any messages you would like to share with Cortney?

C. I love her, and I believe in her, and I know that she is doing big things. I have always believed in her and thank you for giving me the greatest gift of being your father and for leaving the book behind. It is truly a connection.

J. When I agreed to compile this information, I could strongly sense someone wanting to connect with me. Would that be accurate to say it was you?

C. Yes.

J. Well, we heard your call, and we would like to connect with you again, if that is OK, but I get a sense that it is "yes." I feel like you have more information to share with us for the book.

C. Yes, I would love that.

J. Thank you, thank you. I will leave it at that for now, then. Can I connect back to Cortney's subconscious again please? Can you advise me how Cortney will experience this shift and what happens moving forward from there?

C. So I am sensing the weather is stirring up, it is windy, and then there is this bright light, and it is like a swoosh of this bright light. It is just a sweeping in the mist of the weather, and this bright light comes in. It is almost just like a suction, just being sucked out of this dimension like in a matter of a flash and I am on board.

J. Is Cortney consciously aware that she is on board (spacecraft)? (C. Yes) Is she resting with her family or is she doing other things onboard?

C. She knows, she is connected right in, and she is there with her children and husband. Others are sleeping. She is like rubbing their backs, using her hands, and almost like giving them energy but comforting. Some people are just really wiped out from this as it zapped their energy, but they will be OK. They will need that time, almost like a recalibration. Everything is being recalibrated and activated while they are in this sleep state, so when they wake up, they are more acclimated to the higher vibrations and the whole energy of it. I do not sense myself sleeping; I sense it happens in a matter of a flash and there, and I know exactly what has happened. My kids are sleeping, my husband is a little startled, but he is awake. He is fighting sleep and goes in and out, but he does not want to miss anything, so he is hanging on staying awake. I feel a sense of energy, and I do not feel tired at all.

J. Is there anyone you do sense that you are surprised or delighted to know that they are there?

C. I see a lot of people laying down. It is big, there's a lot of people. I cannot make out who. I just see that there are others awake like me and watching over the others.

J. Fantastic, OK, thank you so much, and so moving forward, what happens when you arrive, where do you go?

C. There is some kind of time warp, where I want to say two years even though it does not feel like two years. It is not even significant, but the two years that it would be earth years is not what two years feels like being on the ship, so that is a bit confusing because it does not feel like we are there two years.

J. How long do you get it? If you had to estimate how long does it feel for you, in your reality?

C. It feels more like two weeks, give or take like 10 to 14 days is what it feels like. But all during this time, people's energies are being upgraded, and I see more and more people coming to, and once everybody has come to, it is like a landing, but it is not. It is like an opening into this vibrant, beautiful seeing all these auras of all around everything in nature just beautiful. The sun is even brighter, everything is just brighter, lots of nature, lots of birds, oh my gosh, it is so pretty, everything, the sounds are just so crisp and pure, and the auras around the flowers and the trees and the animals are just so beautiful. It is magical, and everybody is just in awe of the beauty and the cleanliness. People are going over to the waters like the streams and the little puddles of water and just splashing their faces, and they can drink right out of their hands, the pure water.

J. How do you perceive your body, and do you notice your children, and what do their bodies look like?

C. It is like people look the same but lighter, almost like holographic, but I want to say there is shapeshifting involved or like teleporting where you can instantly be somewhere, and your body disappears and goes to where it needs to go. We can look like we can, we look like ourselves, but I am just kind of in a translucent holographic way, where I sense the crystalline of very pure bodies, actual light. There is no need for much food at all. I still see people consuming liquids and picking fresh stuff from the trees and berries off the bushes. Like being able to be one with everything, they provide everything from nature and our bodies. We can tap into whatever we need.

J. How do you feel? How would you describe the feeling that you have been there while you are observing everyone?

C. It is super light and just so refreshing, like just the smells of cleanliness all around. I mean, it is just so beautiful, and I feel so light in my body, and there's just this joy that is just exuding everyone, joyful and peaceful.

J. Fantastic, so tell me more about the role that you will play on this new planet?

C. So definitely helping on the ship and helping just reassuring people everything is OK, and this is all meant to be they are in the right place. Just really comforting them and letting them know everything is OK. Once I get there, I feel like I am helping explain some things to people. Catching them up like some people still have questions even though they know obviously what they just went through was very profound and it is beautiful, and they are thrilled about where they are, but there is some confusion amongst people and just wanting to understand a bit more. So I feel like I help people in that aspect.

J. How would you explain it to people who still have questions about the shift and why it was necessary? Is that the kind of questions that they had for you or something else?

C. Yeah, like what happened to where they were, like Old Earth? What do you know? Why did we leave Old Earth? And just explain to them that Old Earth was ascending herself and was shifting herself and could no longer keep going. She was cleansing herself as well but the way the earth was treated for so long, she is basically dying off. She needed to breathe again which is why all the eruptions, the earthquakes, and the volcanoes, and it is just like she was almost burning from the inside out. The people left behind are still there to learn their lessons and to come together, to work together, because they were the ones that did not appreciate what they had when they had it. It is time for them to be shaken up a little, time to wake up to what many other people had witnessed. The Old Earth was just not sustainable for all of humanity to continue.

J. What is the significance of the soul collective? What is the importance of the collectives experiencing the Old Earth?

C. They have to learn to come together and get peace and harmony and stop being selfish. They had the whole “me” mentality and it’s making them look at themselves

and come together with others; it is not just about "me." It is about everyone, and it is about the union of all of everything coming together, working together, putting down pride.

J. Thank you and the significance of learning these lessons in this lifetime, how will that impact and empower those for their future lives?

C. It is what part of their soul contract was about, the evolution of their soul. They just had to finish that piece of the pie if you will for the evolution of their soul before continuing and completing the earth cycle; completing the earth, as they will not continue back to earth.

J. Is it correct that no one is going to be reincarnating into this planet earth again?

C. Correct.

J. Thank you. Is there any other important information you would like us to know?

C. Just really feeling the duality as well. With all this, I am feeling very heavy in some aspects and feeling very light in others. The Old Earth feels very heavy and dense, and the New Earth feels so light and bright and beautiful.

J. Thank you, can you give me a sense of when everything has settled into the New Earth, what will Cortney be doing? What are the things that you would like to share with us as highlights?

C. Play, have fun. I feel like there is something else, but I do not know what that is yet. I feel like there are crystals involved.

J. Are there people she connects with that surprises or delights her?

C. I feel like there is an instant knowing with some other people that I did not know on earth, so I do not know if that is people from soul family people. I feel thrilled to be reunited with some people that are not on earth at the same time as me.

J. Wonderful, do you get a sense of when people on the Old Earth shift, do they get an opportunity to come to New Earth, and if so, how does that happen? Do they get reincarnated or something else?

C. There will be others arriving. Yes, I do sense that some people from Old Earth will still get to New Earth. There will be another pod, I am getting a pod of people coming in, but that will be a small group of people. The others will go somewhere else, whether Source or other planets or universes or just somewhere else.

J. Thank you, is there anyone that Cortney knows in that small pod that comes to New Earth?

C. Yes, I feel a connection with some people, but I cannot place who it is.

J. Fantastic, thank you. Subconscious, is there any more information you would like us to know about either the New Earth, the Old Earth, or the current Earth? What else is there that we need to know?

C. I do not know why but I see the gold key, and I do not know what that represents or what that is for, but I see a big gold key and a big golden wheel.

J. Can the subconscious tell us the significance of the golden wheel and the golden key?

C. It is really weird, but like someone is controlling this wheel of time. There is a key to time.

J. Do you get a sense if that person is here on earth or somewhere else?

C. No, somewhere else like in the universe. There is something or someone, an energy being that can or is controlling time. It is like these time warps and loops, and it is like the wheel can stop, and then the wheel can spin fast, but it is all within, it is all the same. It is peculiar.

J. Can this being or person or this energy that is in control of this time, do they have a message for us?

C. Yeah, just getting time is an illusion, which we already know. It is almost like being shown you can stop time. You can go through all these travels at all these different times and places, but you can get in this wheel as you can stop wherever you want to in this time warp. You can, I guess, it is like time travel, so that is the key to time traveling.

J. What is the significance of letting Cortney know this today?

C. Because she can time travel. She can put herself in another time and place and view the scene that needs to be seen. I am almost sensing that this can be done on New Earth as well.

J. Is this what you showed her, being conscious of the Old Earth and being capable of connecting with her Dad as you showed her at the beginning?

C. Yes, it all makes sense now, yes, yes.

J. What else would you like her to know about the Old Earth?

C. She is glad she is not there, but she still maintains her connection with her Dad. It is just a lot of just uneasiness and does not feel very good to be there energetically.

J. Could it be said that when you are on the Old Earth and you apply the lessons and experiences with balance, would that help you master that and be able to shift off Old Earth faster, or not?

C. Yes, so it is really like that key, that internal switch in somebody's mind, when that is lit up or ignited, when all of the realizations happen within the mind for the people left behind on Old Earth, that's their expansion, their awakening, their connection to shift; mastering their own stuff within. It is like that light switch that goes off in their head that is "oh, I get it now, oh, all this is connected," and at that point, it will not be automatic, but at that point, some of those people that have those realizations will shift later on to New Earth.

J. Fantastic, so the experiences of the third dimension are always about mastering the purpose of life and overcoming all experiences and putting it into neutral?

C. Yes, it is like that instant or that knowing that everything is connected and they get it, and everything has purpose. It is just knowing that, just having that validation. It brings about peace and harmony and love and the validation of knowing without getting triggered.

J. With the addition of having unconditional love for all?

C. Yes, and that is the biggest thing. That is what they needed, to stay behind to know and realize and take "just me" out of the picture. It was not just all about them and not taking personal accountability, it is about coming together working with others, not always it being all about you.

J. Would it be about relying on others and appreciating others significantly?

C. Yes, absolutely showing compassion for others, asking for help, putting away the pride to ask for help, you know to be vulnerable because where they have gone so far, even though they think they have gotten so far in life, but really they have not because they have not looked within themselves. They have been full of too much pride, and pride can be good, but pride can also be detrimental to the psyche, with not asking for help.

J. Some people feel that being self-sufficient is the key to life when ultimately when we block ourselves from being supported by others and loved by others, sometimes we can get a bit sidetracked from life's purpose of life?

C. Yes, it is about connection. It is about human connection. It is like it is about finding yourself in your vulnerabilities. It is the inner work. If someone is full of pride that is not serving them, it is because they are avoiding their stuff, they are avoiding their own emotions. They are avoiding their own inner stuff that they do not want to look at. But once they open the door and put away their pride a little, and come together to be vulnerable, it is a connection, that is a human connection. Some people are just really closed off from that and need to experience feeling that. The ones that are left behind still need the opportunity to really connect with each

other by going in and connecting with themselves, to open up, to be vulnerable, to face themselves and in that comes connectivity with others.

J. Sounds incredibly self-empowering, and I love that for them.

C. Yes.

J. Thank you so much. Is there any other significant information you would like us to know today about any of the things we should know?

C. It will be a good finish, it will be a good closing for earth because those last people will get exactly what they need. So, it will all end in a really good positive way on all levels, for Mother Earth, for the people who still needed that inner connection and also outward connection to others, so it is absolutely beautiful when it is all said and done.

J. Fantastic, and remembering that life is happening for us and not to us. It feels so wonderful, thank you thank you.

Chapter 10 - Gold Stars, Soul Contracts and Not Our Sugar Daddies
19th of March 2021: Linze asked questions for a public session
https://youtu.be/UQtiFvpMots

J. Yes yes yes, yes yes, and yes, we have been patiently waiting. Goodness, you ladies can chat all night, and while we will forgive you because it is technically your Friday evening, this is a party and a celebration of catching up with like-minded people to celebrate the fact that you have survived another week and are still keeping your balance in the 5D while still entertaining mildly with amusement the 3D world we are observing and balancing well.

L. Well, thank you for that.

J. Your pleasure, our pleasure, your pleasure. We are just happy to help assist because we know that you have some intriguing questions for us, so there are many collectives once again here that are curious to witness this. They want to sense the energy of their emotions while listening and learning from them. It is fascinating. They are serving you well and helping support the information the best way they can, knowing that they are also scanning all the audience, all the people who will ever listen or read this and make sure that they meet those people's needs. They are helping them learn and be entertained with some humor along the way with these more significant concepts that you want to demystify. To help with stepping stones to encourage people to look and think and feel into the questions you have for us today.

L. Wonderful, well given that you are in all realities simultaneously and you know who will be needing the information that will be brought forth today, did you have a lead-in a general message to them here before we begin with the questions?

J. So, our message that we would like to say to everyone listening is never stop thinking that you assume everything and can know all. It is impossible, and do not be ashamed or embarrassed if you are still learning and growing, and this is part and parcel of it. So, we want to use this analogy. Just because you once used to fit your skinny jeans does not mean you can wear them today. And we are saying your mindsets were once skinny, and now your mindsets have expanded. You can be in

comfortable pants and own it because you have matured into a very comfortable position in your perspective.

L. That is a lovely way to put it. Well, given that we are in soul contracts, if my understanding is correct, and please correct me if I have a misunderstanding from this body form, we spend a great deal of time designing when we come down here what we have as a soul contract and what we have learned. It is my understanding that on my way out, I probably was cheeky and said, OK, you know, give it to me all right between the eyes, and I will show you how well I can manage. Still, sometimes we do not always understand why we are here, and so for the general listener, could you give a basic understanding of a soul contract? And is it one overarching contract, or is it many more minor contracts that then involve various combinations of people as you move from your skinny jeans to your expandable jeans?

J. Right, so yes, you are in between lives. When you need to come down, for example, many of the volunteers who knew that this was their one lifetime that they needed to honor this planet to help with the shift, they thought "Give it to me all right, I can handle it, I am a big being, I have had so many lifetimes, I have mastered this, so why not, give me the works and some, it will be fine, fantastic." Yes, when you are a big being, you can order a big time of everything and be easily able to master it and then you are born. Then suddenly, the density and the veil of forgetting who you are, you do not remember at all that you are that bigger being. Of course, some people are born without veils, but this is not your question today. So, we would like to use the analogy of architecture and you do mapping plans of a house, so you find the perfect location. Then you build your dream home and you have a great foundation, and you are excited about it, but as you are going along and you are building, maybe your budget is challenged, or perhaps you have noticed something else that you want to extend and expand. We did not need three ensuites, but we just wanted a great big walk-in wardrobe. I mean, we are joking here, but in living you can tailor-make your contract as some people are great at going through many of their purposes and experiences that they wanted to do fast, so they add more to their plate. Of course, as times have evolved since you wrote your contracts to right now, you have had many, many, many opportunities to upgrade and tailor it, and this is done with your team, with your subconscious, your higher self, some of your soul families, the beings you highly respect on your behalf, but also when you are sleeping you do get permission as well. When you go out into

astral and you have a meeting council with all your beloveds and figure out where to next, where the best for humanity, and where the best for your growth, it is a flexible contract. We of course know, but you may not know, but we are saying you do now, that if there is a challenging contract between someone that you are just not able to master and it is just too complicated, or you feel you still have a contract outstanding to someone who has already passed, you can then, with setting intentions be able to cut that contract with love because it no longer serves you. Because often you do not get to have closure with people who have died because you have mostly people who still have the belief system that this is one lifetime, so therefore the person who has died is gone forever and lost, when really the person who has passed is right there supporting you all along and this is the reason why often you can feel and sense them. No one writes a contract for you, you are not a slave and someone's gonna write "... and they're gonna hate mashed potatoes and be allergic to peanuts..." No, you have full control over it because it is your experiences for your life, which is why you have the free will to pick and choose as you will. Many people come here wanting the full experience because this is, as you have heard and know, this is not an opportunity where you can come back and reincarnate here.

L. Is this the final round?

J. Correct. No one is reincarnating back on this planet who is alive listening now.

L. I see, well that is very interesting. I wanted to clarify to our future listeners that there is a sign that they can look for when they have completed a contract or completed the lesson they chose. I mean, I have this image that the guardian angels and all of our beloved and our council of 12 and everybody who looks after our well-being has a big party. Is there a sign that a 3D human could see or understand or feel when they know they have done it and finished it? I mean if you finished everything, you would leave, but we are leaving, anyway. But in their lifetime, as they complete, is there a way they know for sure that they have done it. Is it just that it no longer triggers them? Is it as simple as that?

J. Yes, they can look back at the past experience and realize and see the purpose, the lesson, and the experiences that they needed to grow into the person that they are today. So, it is merely mastering your reactions and being able to see things

from a distance to look back and see, "right well, this happened, and these are the offshoots of that experience, and I have learned from that, and I have not repeated those cycles." The fundamentals of completing the contract with a certain person is to be able to love them unconditionally regardless of whatever has happened and still love yourself for whatever happened with your responsibilities there. We want to say very seriously, all of your guides have a star chart for you, and every time you complete something, we put a little star there. They are entirely taking the piss of you for that to happen, but we will say that we checked off on your contract. And there is not just a five-wish list thing you want to experience. It is complete, it is a very dense contract, and so this is the job of your subconscious, to know in and out your contract, all the amendments, all the updates, all the things that you have passed and they are seeing, “oh they kind of got it this time but what if we push this person in and have a little bit of a difference, how will they react this way?” So, you know, the universe provides us with these beautiful, exciting experiences for you to have and overcome. When you know that you are confronted with something very similar, that would have just blown your mind and ruined your day, when you can see it and go, “OK, I am not going to buy into that, I will not react, I am going to keep neutral and keep on being fantastic with a bigger perspective.” It is every time you are given a new opportunity in which you have multiples every day, it is your decisions and choices to be able to make the best out of it. Of course, you may get five out of ten, right. "Right" sounds judgmental, but each time you profoundly learn and grow from something, it is a big growth for you, so you notice the more and more and more of what you do for your contract, you have greater inner peace.

L. So that is a clue for most people, that if they have the ability to get to neutrality around a highly charged emotional issue that they have now mastered, they would look for, "oh, I can stay neutral here, but I see how I would have reacted, and I see how I *can* react, but I'm going to choose to stay in a more neutral place," is that my understanding you correctly?

J. Gold star for you.

L. Yes, all right, well, that is great because most people do not know about contracts and that they signed up for that, and the choices they make every day do add up to a life. I was hoping that they could help understand that there are clues when you know you got it, and you do not have to keep banging your head against the same

lesson when you can stay in that neutral place. So, I am wondering about this shift because there seems to be enormous confusion about whether it is a literal shift, a metaphorical shift, an energetic shift, and are some people going to the after-party and other people staying here and getting an Armageddon version? Could you help the average understanding of THE shift? I have heard variations on 70% of the living beings are planning to go on, 30% have signed up to stay here and what is here? So, there is a kind of multi-universe question there, where when the group who leaves like, for example, what happens if somebody goes, "well wait, I missed the bus, I got it, now I want to go" does everyone go at once and there's no follow-up bus to bring the rest of us if someone changed significantly?

J. First of all, yes, we are very aware of the shift and understand the information you require. We wanted to say previously, and we will not forget about the shift, it is hard for people living their life contracts to compare other people's lives because they assume everyone should have the same contracts. There is no point comparing yourself to others. You may look at other people who may have a simpler, easier life and think, "why me?" Because you know you could handle it and you are expecting yourself to do it, so you have all the support from your team to help assist you with that. So, it is always best to focus on your life journey and not compare yourself with others truly because you are on different paths and different journeys and have different contracts we just wanted to add. In terms of the shift, seventy percent of the planet is shifting into the fifth dimension, which is not currently possible on this planet. So, they are being evacuated to move to the New Earth. The 30 percent of humanity still here, which will be then termed the Old Earth, will live out their days in quite a chaotic experience, which they have also put in their contracts. This is exciting for their soul contracts and experiences. There is lots of karma there, there are lots of lessons there, and those are not always going to be the people who are “asleep.” Many asleep people will naturally shift. It is not a conscious mind decision, it is more significant than that. And so, there will be no one thinking, "Shoot, I've missed the bus." No one will be left behind who has not intended to stay. And so, this is when we take over the controls, this is when we collect you, and everyone will experience a sensation of shifting, of lifting, and there will be a bright light. You will not be able to use your eyes with the intensity of the bright light, and you will not be able to be truly aware of what will happen as you shift over into the New Earth. It is a very long destination that has been very well organized. This is why you have so many galactic councils, physical

generational ships, and transporting ships here in your stratosphere at the moment. They have been here for a very long time waiting patiently for humanity to evolve into its higher perspective frequency for them to be prepared. If we grabbed you a few years ago, your bodies and your, well, you are only taking your crystalline body with you. Still, you have to evolve into your crystalline body to be able to be taken. So there are so many upgrades that you need to manage the travel, we are slowly helping you. Of course, it is fantastic when humanity helps itself because then you have done your lessons, your growth, and your experiences, but we are here to assist in any way we can, and so we are always going to be supporting you no matter what. The ultimate situation you are in right now is that Gaia would like to reincarnate and leave this planet because it no longer serves her. It is too toxic for her to live, and she has been here for a very long time. She is depleted. She wants to remove herself from this vessel and have a departure and be reborn again into the new planet designed for her and designed for humanity, to evolve and shift and to be able to grow into their fifth dimension lifestyles and experiences. There are many different things that will be occurring. It is an entirely different lifestyle. It is an altogether different way of life. It is a completely different way of living. It is profoundly awakening as soon as you get to the New Earth. We want you to be able to evolve as much as you can now before this event happens.

L. Thank you for that great clarification. For those older souls, maybe I should ask this first, there are people I know, my husband among them, who love their 3D body and love this beautiful earth and want to be here, feel that they were here at the beginning and that they have signed up to be here at the end. I wonder, are there old souls who have chosen to remain behind as this vessel concludes to complete their soul understanding who were perhaps here at the beginning as a soul in the very first part of the earth but who are now committed to seeing the closure?

J. Many of the souls that helped build and create the architectural structures of this planet are now embodied in this lifetime to experience it. The planet will become so unstable as soon as the soul has been removed. Just like a body that has had its consciousness leave, the decay comes in. There will be lots of natural destruction and disasters as the body is rapidly decaying, and so the people who want to stay here after the shift to experience the Old Earth are not needed to see the body in such a state. It is pretty dramatic and still challenging for the souls who had great hopes and plans for this planet to see it in such disarray. It is very challenging for

them. They want to be here right now to support their higher frequency energy and help humanity with this shift, and so they will want to return but not advance to the New Earth to be part of that new beginning, so we cannot speak of everyone's soul contracts. They are all unique, and every soul has a purpose and a reason to experience certain things. There are volunteers here right now living their first lifetimes on this planet. They were other beings, higher beings helping this planet, helping humanity and helping other planets around the solar systems do what is needed right now. This is very purposeful; this is not a coincidence that there are big beings here embodying human lives.

L. Are they also being a witness to the end?

J. It is an incredible experience and opportunity to be here when the shift happens. To have this big evolution jump does not often happen like this. Normally planets get evacuated and shifted to likewise dimensions, so it's like for like. The 70 percent will be distributed to New Earth, or return to their home planets, return to other planets they want to experience and then return to Source. So, it will not be 70 percent of the population on New Earth, remembering that the numbers about the human count for the population are merely fictional because they are counting backdrop people. It is the illusion that there are many more people and beings here. It is merely an illusion, and we want to say to people like your husband who loves his 3D body and loves the planet, that is fine, but if he is supposed to shift, he will. And so this is why many people cannot handle listening to the bigger information because the information about leaving their homes, their materialism, their identity, their jobs, their everything, and their bodies to go to a New Earth sounds extremely challenging, stressful, with a lot of lack and a lot of loss. And the reality is you will be incredibly elated. That is when the big celebration will occur, that is when we will be celebrating, and maybe we would even give you a star sticker for your efforts because we waited a long time for this, and so have you, and so has the planet. And so, this is a big journey where we have all been together playing our parts and roles. This is why we have been firm, very firm with the lightworkers who are still reluctant to empower themselves to do their inner work to actually help others. When you are, shall we say for the better term 'slackers' and not doing your spiritual work to help the collective, you are not given the opportunities to be able to heal and connect with people you are supposed to. So, you are missing out on those experiences and those lessons. Remembering every person you meet, you can

learn and grow from. Many spiritual people believe "Well, I've watched a few videos from so and so in the 80s, so I'm all clued up. I do not need to talk to anyone now or advance my belief systems because I know spirituality. I've got it down," well, the reality is spirituality has been manipulated, diluted, and transmuted into much nonsense. And we say this with love because we can see things from our perspective, and humanity is still gullible to deception, control, and manipulation. We say this with love because it is very challenging for you to even know where you trust and how you can trust. After all, your food supplies, water supplies, and environmental supplies trigger your body to not naturally trust. So many things are compelling your body to make you not even feel that inner peace, which is why people are going off the grid to feel that relaxation of not being in that hustle and bustle. This is why everyone was locked down, and one of the reasons everyone was locked down was to get them out of their routines, to slow their pace, to get a new sense of time, responsibilities, and connections with the people they actually live with. As we said before in many sessions, the lockdowns were a gift to humanity, and it just depended on how you used your time, on what you received out of it because we can not keep giving you gifts when you do not deserve them. We want to give you those gold stars, but you must earn them, and so many people think that we are just going to give you them. Most people think that their spiritual teams are their sugar daddies, giving them all that they want. We are not that; we could never be. That would defeat the whole purpose of your mission. While we have always given you exactly what you have “needed,” we have never given you what you wanted because we know best, and sometimes sugar daddies do not know their boundaries, which is why many people like them. And we want to keep using this analogy because we know that the vessel was laughing and finding it amusing. We wanted to make this a lighter conversation because we know people are listening who are holding onto their skin tightly, going "Never, I will never go," and we say that is fine. You can be relaxed, and we do not want to say you will be relaxed sleeping because those people will never want to sleep. So it is natural, it is harmless, it is natural and it is exciting. What you can experience in the fifth dimension is more than your wildest dreams. You are so profoundly connected to each other, so profoundly a unit and it is lovely genuine love, unconditional love. It is all the great higher emotions. We keep saying to you to feel unconditional love and find your joy. Well, it is impossible *not* to find your joy in the New Earth. You feel it completely, you are surrounded by it, and so you are just in this ecstasy of just love and fantastic-ness. While there is so much to learn from it, you will reflect

back on your 3D life experience and think, "I cannot believe I did that; that is really insane," and you know it will just be the most amazing thing when you realize what you have all been enduring for so long. And we say bravo because this living life and experiencing life and mastering it is definitely gold star worthy. And we want to use the analogy of a woman being pregnant and waiting those 900 months as she is pregnant and then the big long labor. And we are saying jokes, we know that it is nine months or maybe ten, depending on how you count time. But it is amusing for us, we need to be focusing, so it is a woman waiting. And so let us say the pregnant woman's been wanting to have a child for ten years then she is pregnant for all those months, and when she finally gives birth, and she has the baby, the bundle in her arms, and she cannot believe she has done it. Because she has mentally for ten years been building up expectations, worries, fears "am I going to be good enough, is my childhood going to damage my child, how can I be a better parent?" Responsibility - "so I have my retirement fund. What car seat does one buy?" You start going into big research and worry mode, and then you have the baby. You have got the baby and everything that you have ever worried about previously, and this is, we can only say this about a healthy baby. We are sorry for the people who've had to experience purposeful babies that have not always been so healthy. So, we want to keep this a happy little story for the entertainment factor, but you finally have that baby, and you cannot believe you have done it. All of that worry, all of that stress, all of those nightmares, all of those waking up three times to go wee at night, all of it was worth it for this incredible little bundle of joy, and then you add more pressure onto yourself because "can I do it enough? I'm starting to get sleep deprived." We do not want anyone to worry about the events that are happening. This is all purposeful. You signed up for this. We promise, no one is going to be tricked into this. You want to be experiencing this. And for people who want to feel that they are going to accomplish something incredible, we want to say, when you have shifted and explored your 5D life on New Earth, wherever you go after that lifetime, you have bragging rights because everyone knows how challenging this planet is and how crazy it got. And if you wanted to say you had a spiritual CV, this would be on the top, and you would get employed immediately because it is just so challenging, so epic, so hard. And we want to say the last three months that you have all experienced have been either icing on the cake for the people who have done all of the inner work before December 2020 or extra bonus rounds. We want you not to feel frustrated that the shift has not happened before because we are trying to be inclusive to all of humanity. While some of you have got ants in your

pants and want to shift yesterday, slow down, use your amazing manifestation. You all have powerful manifestation capabilities right now, and as we said to you a few sessions back about creating this imagination space where you can manifest everything. While you may want to be cheeky and think that you are pulling one over on us by adding a million dollars into that manifestation site, go for it, see how far you get, but we want to say add all of humanity in there. You can love all of humanity. You can seriously love all of humanity and nurture it like that baby because you have! Every single day you have struggled on this planet, every single day you have overcome stuff, it is all to help humanity. So why not now get a few moments to place humanity in your imaginary space, love it, and give it treats and nurture it and support it and encourage it to continue on releasing all the negativity. Releasing all the fear, feeling the love of unconditional beings surround them all the time, trusting their inner intuition, and being able to love themselves profoundly. We want so many great things for you, and sometimes you do not listen to us, and this is fine. We understand you get distracted, but we want to say that we are always here, and we have always been here to help.

L. Wonderful, thank you, the quality of peace, love, and joy has become precious to me, something that I would never have guessed was even possible, and from your previous description just now, it sounds that is the aim for this time remaining. And I recognize we cannot predict, but I'm also as far as the actual timing of the shift because it could come at any time. But when I hear, for example, a woman in charge of an integrated monetary system, her name is Kimberly Gogan, she has many people very focused on understanding as to the designated person who can look at this. From what I hear you say now, this planet will degrade quickly after the soul of Gaia has departed and reincarnated on the new planet being prepared. So, is someone of that nature trying to keep people busy so that they have something to do before the shift happens, or is that a myth, and the whole thing is a made-up story?

J. We know humans are addicted to materialism and money and they think that that is going to give them inner peace and joy, and you know that is not the case at all. And so many people have had to believe for a long time that there is going to be a big abundance for them just close and what does that do for humanity, what does it do for those people? It gives them excitement, gives them something to focus on, and gives them joy. They get so excited thinking about how they are going to spend

their money. So those people who do not have spirituality in their minds but are still focused on the 3D, this will give them an elevated, higher vibration. We are tripping them, we are tricking them, we are manipulating their basic desires and needs and their addictions for the belief system that everything is going to get better for them once they have more money in their pocket. These are many of the reasons we have had to manipulate humanity and get them excited to look forward to something. And so, it is interesting because once again, after you have had that new baby and you breathe and think, oh cute, I take some photos, and then suddenly you worry about the rest of the baby's entire life. And this is what humanity is doing for the people who know about the resets. They are excited to have these resets, and once they have the resets, then great, is that not cute? So wonderful, let us take the selfies. And then they are going to plan and worry about how the actual structures and systems are going to work when they know that the systems that they have currently been in have been corrupted and faulty. It is too huge of a deal to have full restructured systems. Profound resets for humanity to exist when you are all so addicted to greed, to your ego, you are also addicted to so much stuff, it is going to implode. We love the idea that you think it is going to be fantastic and easy, and yes, it is going to take some time, but you know we got it all under control. Excellent, some people are still working on that, processing that, getting excited about that, and looking forward to that because that gives them hope, that gives them a future, that gives them so much of the positive dreams that they want to manifest and be feeling excited. Because if many people who know the crimes against humanity, but do not have the metaphysical perspective of it, become incredibly depressed, incredibly disempowered, and overwhelmed, this is not what we want for anyone. So, we are creating many reset situations that will give people many excitements.

L. That is how they can keep their vibration high while they plan for an imaginary future that will not happen on this 3D planet?

J. Correct. We took many people's finances away from them last year because they needed to realize that money does not give them happiness, that they can have joy *for free*, which is a very new concept for many people. This was to break down their status, many of their belief systems and look at their drive and motivation for their big jobs that they have no joy in, for their big homes where they are just trying to compete with the other friends, looking at their lives and their choices and being

responsible for their materialism to some degree, realizing it can be all taken away because of the lockdowns. We want to remind you because you are not familiar with the information we have provided about the New Earth, there are no money systems on New Earth. Everything that has been taken away from you now to overcome and accept is getting you all prepared for the lifestyle of the New Earth.

L. That makes sense, so would a woman such as Kim Gogan be in service to humanity in this way and be conscious of her role in this ruse to keep humanity thinking optimistic on how they can help, when in fact, all of it is going to take place on the New Earth?

J. So many people in that position take their jobs seriously, and they are focused on it. They do not know about the New Earth. They are just trying to keep humanity afloat and this world afloat. If they knew, why bother? Because in a little while, we will have no financial system, if many people knew that they would not be motivated. Many people would be like, oh, let us make all our bucket lists. Next we will do this, let us do that. Many people still need to focus on their 3D lives because they still have not done their inner work. They still have not made all of their contracts that they needed to do. There are many purposes for many prominent people to be playing their role genuinely thinking that this is all part of helping humanity. It is authentic if they realize that all of their hard work and late nights and over-stress about looking after this new baby, being humanity, they could not be motivated like they are. They need to show people their working processes and how they are going to do stuff because you are all too intuitive now. Most of the people listening are all very intuitive; you have grown so much in the last year, the higher vibrations have brought in your intuitive connections more. This will continue because this is how you are going to be connecting with each other and is how you are going to be feeling and communicating with you all. If you enjoy lying, get into it now because you will not be able to pull it off on the New Earth.

L. Because my husband is trying to learn to wing foil and I am learning very fast how to kitesurf, so I think we better get to it pretty quick because we may not have much more time to perfect our technique since we will not have a 3D body in the next round?

J. You have a crystalline body, and you are trying to mimic what you will do on the New Earth, which will be elevating and levitating, and if you want to call it flying, you can. But it is all these sorts of things that you can do with the power of your mind and using the manipulating energy for good, and so you are doing what you want to do. You are getting adrenaline pumping, the suitable type, not the addictive type. We know that is a sensitive thing, so we want to say that this is a natural high for you. You want to have this joy. This physical challenge makes you feel fit. You love the ocean, and you love the speed of it, and it is so challenging for you. You love it, and basically, you come off of the water; you want to go straight back in again, but at that point, your toes are getting wrinkly, and you know it is a sign to go home.

L. Yeah, and I suppose most people might want to know that it is not the time to sign any big contracts if it is never going to come to fruition. I mean, I am looking at some 3D timeline, which of course, we cannot always predict because it is humanity's choices and levels of consciousness collectively when we are ready to jump ship and be on our way, so would you say that for most people if they were to focus on those things that bring them joy, peace, love, and including all of humanity in their little bubble of creation, that would be enough while they are waiting?

J. Absolutely, yes. Suppose everyone puts in some effort in time to find inner peace, joy and love each other unconditionally and love themselves, as we have been saying for quite some time. In that case, you know, we are not just saying it for the cute words. We are serious, you know, almost begging you to do this. Therefore, we find ourselves very perplexed how many lightworkers know about different dimensions, know about reincarnation, know about the spirit guides but do not talk to them about much, other than maybe calling in Nana to see if she is doing fine after her departure. While many people know about our dimensions and that we are here helping humanity, not many people use us. We would have liked more of humanity to know this about us and these connections and have pure connections with us- so dropping the ego, dropping fear, and having great intentions to help humanity, and of course helping humanity must come from helping yourself first and if you still got some childhood drama that you are saving for a rainy day in that emotional, spiritual closet of yours, open it now because you would be surprised how much more advanced you are and how capable you are of unpacking that, loving that, nurturing that, seeing the purpose of it.

L. Will people continue to unpack what they had in their spiritual closet once they make this shift, or is the expectation that you better get it done now because you will not have much more time?

J. There are still things that you can process on the New Earth, but it is in the fifth dimension, so there are different ranges of emotions. It's kind of like reading books that have volumes, and so you have read the first volume, you have closed it up, you have put that in the shelf, you start the second volume; you do not need to go back into the first volume to look at maybe the pages you have missed, or you did not kind of know all the ins-and-outs. You cannot remember every word that was said in that first volume. You are just jumping on into the second because you want to find out the gossip and then the second volume. Once the chapter of the earth is finished, it is finished. You can unpack it emotionally and understand it and live with a bigger perspective on the 5D, but you cannot come back and re-do it. It is so different; it is like squishing back in those skinny pants.

L. Technically, then Gaia will reincarnate, but humans are done with the reincarnation matrix in the 5D, so we do not have to do that dance over and over?

J. So, the death scene really is just saved for the dramatics of this 3D planet and all 3D planets so once you're put it into your light crystalline bodies, then when you have mastered your time on New Earth and you have done all the things you want to do and you feel like it is time for you to move on, you just naturally as you are, advancing in the fifth dimension, you are naturally becoming less and less physical. Because remember, when you arrive on the New Earth you are partly physical, this is the new thing that we can implement. It is not just being what some people think would be ghosts because you are not ghosts. There's a little bit of you that's physical so you can still feel the senses of walking on the New Earth, you can still feel each other physically. It is going to be different but it is going to be similar at the same time. Of course your bodies are going to look very different but then maybe you just freak out too much that, for the comfort of your stability, you are going to use your crystalline body to look very similar to who you feel like you are. And so of course when everyone loves the look of yourself, when you are able to rock those skinny jeans, you are going to be wearing those skinny jeans on the New Earth and you are going to have that as your body that you feel comfortable with

because you can manipulate yourself in such a way. It is very different for many people who feel really comfortable in their skin but it will not be skin. It is a mixture of all the essence of crystalline energy. You're not all glitter and sparkles. There is actually a range of colors that you can attain that is frequency. So it is nothing you have ever experienced here on earth but it is all profoundly amazing. A wonderment is exactly what we want to say to you because as soon as you leave this density, my goodness, you basically just feel so free and then the bonus is that you get to continue on living on the New Earth and creating that and being foundation members of the New Earth and setting in all of your knowledge and wisdom and connection and being so grateful that you have that freedom, so grateful that you do not have that control system. Many people will instantly know about all the crimes against humanity, even the ones who are asleep. When they get to the New Earth they can cope with it better in the fifth dimensional mindset where they profoundly can accept it for what it is and understand that there were people who needed to be awoke first to be able to help push and encourage everyone and inspire everyone to have those high perspectives, to have that profound unconditional love for you and for everyone. Of course this is nothing new, this is not trending right now and it has always been said throughout all of mankind really. It is about unconditionally loving each other, being of service, being of service to yourself, honoring yourself, honoring others, respecting yourself, respecting others, accepting yourself, accepting others. It is about profoundly feeling the oneness and being able to have no competition, no jealousy, no judgmental feelings, none of those lower 3D dimensions because that will not be needed on the New Earth. Of course you could, just for we want to say "shits and giggles," just to remind yourself of how intoxicating and challenging and how ill it made you feel holding on to those lower emotions. So there is so much you can do and explore on the New Earth. It is truly magical in so many ways and it has been gifted really and created to be able to help, a healing place for many of humanity that needs to come and decompress a bit and process everything that they have done. It has been an exhausting ride for many who just thought they would come here for a little vacation and a little experience and it has got much worse and bigger than that.

L. Well, your description of wonderment, I wonder if it includes a sense of transparency that those colors you describe reflect what is happening, but it is not emotional per se from how you are describing it. It is your level of consciousness displaying itself, could that be a fair approximation?

J. Yes, so there are many newer souls that have only had one or two lifetimes, and there may be some other beings that have had thousands of lifetimes, so, whatever you feel natural in your relaxed state, that will be what you are representing. But it is about comfortability and you enjoying the frequency of the physical crystalline body that you are embodying. It takes a bit of time to get used to it, but there is a relaxation there. It's easier to control your emotions and your mind there and of course you can sense other people's feelings and thoughts just by thinking of them and so that is going to be overwhelming for people because when you suddenly think "ah man I just wish nana was alive to see this, this is amazing" POOF here comes nana because you have just summoned her and she is going to be an orb. And then you are going to notice that you can connect profoundly with what you perceive as dead people and be able to have profound connections and conversations with them. And so this is an entirely different realm, it is a complete dimension, there are completely different possibilities and relationships. This is exciting, but remember you are going to have to accept that there will not be your Facebook and your social media and your lifestyles and that will be a blessing because it will not be until you get to the New Earth you realize that everything you have put in your daily routines from peer pressure or how you believe life should be, actually it was a lot more draining and challenging and unnecessary.

L. That is very interesting. I was toying with a very sort of funny idea that the way you describe it, I might not be able to bring my kiteboard with me, but I can have that sensation of flying in a 5D realm, so you do not lose the thing you love it is maybe the mechanism through which you gain access to it that has shifted?

J. Yes, so you can naturally use your own body to do the kitesurfing movements and the elevations in the air because we assume you do tricks and spins and flips (joking).

L. I love speed though you had that right. I love the precision; I love the harnessing of the wind and the water and the waves and the beautiful sun and all those things, and those will not get lost for people. It is just a different experience of them in a new beginning for a planet. You get to be, as you said, the foundation members of creating its wonderment, co-creating perhaps even.

J. Yes, absolutely, so you will not need the tools you think you need to do the flips and the tricks you will do on the New Earth. Of course, we know you do not physically do the flips and the tricks in your physical bodies now, but we know that sometimes you have had dreams where you have been wild and adventurous and loved it, and you have just because you are so passionate about it.

L. Wanted to clarify that some people may have felt a certain sadness of what they are leaving behind, not necessarily the material things, but the things they love that give them joy that brings their spirits up. I bet you some people are wondering, is there sex on the New Earth?

J. Yes. You have lots of physical pleasures but you do not conceive the same way, so you do not go off procreating as you would do on the New Earth. We understand from this perspective in your 3D, you are worrying about your family photos and what you do with your pets and things like that. We realize that suddenly it feels like people must pack and you cannot take anything. It is a very normal process that many of the people who are listening have already experienced and prepared themselves because it is about releasing themselves from the needs of the 3D physically. So it is part of their journey, they have had to do their own inner work and they had to prepare themselves to leave not only the comfort of their own home and their lifestyles but also their bodies and then also their money. So there are a lot of different layers of what people have to overcome and many people have had over a year to prepare themselves for these changes, so they have been able to really enjoy what they have had which has given them more joy. Nothing, you cannot expect to die and still take your family albums with you, so why would you be able to do it on the New Earth? We just want to say that if you wanted to tap into any information from any of your memories it's all within you so nothing is lost.

L. I think that will be very comforting to many people, so of course, we can continue this conversation at another time. I want to be respectful of Jo as the channel and the energy that she has. We have come up to an hour in this session. I want to make sure she understands that I am honoring her request for it not to go on too long, but I have enjoyed this conversation. I have appreciated the new images that I can now feed into my imagination about embracing what has happened already. How to embrace where I am at the moment and how to embrace this exciting new chapter

that will begin for those who have chosen to experience it, so thank you so much for all these wonderful insights.

J. You are more than welcome and we are more than happy to help you because we understand that these are the missing pieces you needed to understand and see and experience and feel from us, from that energy right now. Why there has had to be so much tragedy, pain, suffering, profound experiences that did not seem to have any purpose. If there was a god, why am I experiencing those kind of moments? So we want to say everything that everyone has experienced in your lifetime has been so purposeful, so profoundly purposeful. Nothing has been wasted, no growth, no lesson, and no experience will be wasted because it is growing your soul, it is growing your eternal wisdom that you have to keep for the rest of your life. Just because you are shifting does not mean you have to have a clean slate, and it is all starting again. Therefore, we say get a jump on it now. Most of the people who are listening are the Way Showers, are the bigger light beings, are the people who are here to, when they shift, when you all shift, they will be the introduction guides, the supporters, the leaders, the teachers, the Way Showers and everything because so many people will be really confused and kind of "what, am I dreaming?" This is the reason people needed to know, hurry up, release all your drama, release all your karma, get over yourselves because it is just a game, it is a play and this is purposeful to help awaken humanity. Get it? We love you, love yourself, love others and get on with it because everyone must shift off this planet before Gaia decides that she is no longer willing to wait and so there is a limit for her patience and she is very keen to go and she has agreed with us to stay as long as possible but we are really needing humanity to be pushed into a better perspective. We understand that so many people that may seem very asleep one week, could have profound epiphanies the next and be completely able to absorb all the crimes against humanity and even be able to hear and understand the purposes of it, trusting that everything is going to plan, everything is protected and safe and we are your protectors. We have always been your protectors, sometimes you have been our protectors in other lifetimes, so we take our jobs seriously because we understand that what is happening here, while it is a game, we do not want to trigger you and cause you any more hardships. We are wanting you to graduate as fast as you can so we can keep nurturing you and guiding you.

L. Wonderful, I hope, we hoped, Jo and I, that this conversation could help many people feel comforted and inspired and invigorated and hopeful and get off their butts and get it done. So anyway, I think at this moment, unless you have something more to add, I think you have done a beautiful job of helping translate the information so that those lightworkers committed to being the receiving guides on the other end know what the task is ahead of them and what they need to do.

J. Yes and we want to say to the people, you can be on your butts listening to us and also with your imagination creating this manifestation of profound love and harmony and balance and adding all the emotions, but **please** do not waste your time with just saying the words as if it is meaningless. We want you to feel it and now we want you to feel the difference between this "I love you" versus I LOVE YOU (said with real intent). Notice the difference because one has dead emotion and one has a live emotion. So when you are creating your little fantasy world of whatever you need, we want you to add in all of humanity and be able to tell humanity your feelings for humanity, we want you to heal humanity, love humanity, nurture humanity and give it a good wish, keep wishing and asking for healing and help and love and support and all the things that you really want for yourself as well. So when you are using this time in your skinny jeans or in your comfortable pants, we do not judge and we are sorry if anyone was triggered with that. We love you unconditionally, when you are sitting there and you have opened up your imagination bubble, we want you to really just imagine the whole planet in there and all of humanity there and with real intent say the words or feel the words. You don't have to say that aloud if that feels too weird for you, just sending your intention of profound love, so important... it is so important.

L. And can we also send that to Gaia for profound gratitude for all she has done and endured and bon voyage to the new experience.

J. Yes she knows it, she understands that there are many people that do not even understand that she is alive so she does not take it personally and she is getting lots of healing. We are sending Gaia a healing now on behalf of all to honor her, to honor the mother that has given us this physical life, this physical body, to help us and to be able to create ourselves and our minds and our lives that we have. We are very blessed and honored to have been able to live here while we have learnt these experiences and have grown and we honor her and we thank her for all her due

diligence for humanity. We only hope that all her experiences she wanted in her life contract were met and we understand that humanity has done some things that have impacted her but we understand she is loving and compassionate and she is forgiving and understands that these are the things that happen and she has learned so much from it as well. So she does not want anyone to feel sorry for her because she has been accepting of this and she has had her contracts changed and this has all been part of the councils that have been monitoring and helping her and she has got her own support team. She is not alone and she honors and thanks all who know her and feel her. We want to say that for many people who are still struggling with the idea of the shift and still have profound love for the planet, it is *because* you have profoundly been architects for this planet and you have more than just this lifetime of loving and nurturing this planet and the hopes and dreams of experiencing some fantastic experiences. While there have been fantastic experiences made, it was never the vision of the beginning and of how it was meant to go. So it is very purposeful, and anyone that is feeling emotional, it is the vibration of the planet, it is expanding as we are helping it. And as all of humanity as we know now, because you are such great manifestors, will be supporting humanity so much more together. You will be so powerful and so successful in your duty and service to give this love to all that will just help everyone. So just honor the feelings that come through. If there are tears, release them. Do not hold back. Releasing is good, emotional releasing, verbally releasing, expressive, anything that you feel you need to get out of your body, that is fantastic. We want you to be more in tune with your body. Dance and be silly with your body and do the things that you want to. Do not hold back, do not limit yourself, do not think that it may look silly or people would judge. Do not care what other people feel or think about you or for you or of you. Care what you think for yourself, care what you do for yourself, care what you put into your body physically and mentally. You are so valuable and so special and so important and so loved and so supported that we want you to have fun here. We want you to give yourself gold stars because we cannot physically do it, but we know it made a lot of people giggle.

L. Me included, thank you.

J. Yes, and we say this with much love.

Chapter 11 - Dance Party Lights On - What in the World Just Happened?
12th of April 2021: Erica asking the collective for a public session.
https://youtu.be/Ae276POZj1g

J. Yes, we have been here for quite some time in your conversation, listening to you and pushing our recommendations onto your thoughts, so most of it was us trying to get your attention.

E. Thank you so much. You have our attention. What exactly were you trying to get our attention on?

J. The most important concept to cover in the book is trying not to assume anything from your perspective of what Old Earth will look like and their experiences, such as for example, the functionality of their internet, their connections, and the power. So you're trying to ponder time frames, you're trying to consider accessibility to information, you're trying to entertain everything from that position to be then able to ask what would be the most appropriate questions I would want to know. So, you cannot place yourself in another person's shoes, in another person's situation until you have covered all the essential facts. Do you need to put yourself firmly in that scenario for you to ponder the questions then?

E. Okay, thank you so much for that. I'm going to lead off with I think the first question after the disappearance would be “where they went?” So, could you describe what you would recommend saying at that moment or what should be displayed at that moment?

J. Indeed, when they experience and notice people disappearing off the planet, people suddenly collapse in what looks like death, when people experience that, they're looking around and wondering what is going on, they will go into an extreme panic because they will think they are vulnerable to whatever has just happened to those others. It will be a very high alert experience as they are in deep fear of suddenly just perishing themselves. When they realize they are still present and are still living while exploring that many others have not survived, we would like them to know that most of the people who have used this, we don't want to say “exit point,” because that is reserved for those who have departed from that life as they know it and go back to Source. So, going back to Source is returning to God,

shall we say for those religious folk; and so, of course, you don't go directly to God, you go to healing places to have different experiences of reflection of one's life's contract and life lessons. You heal, you learn, and you unfold your life from a greater vantage point being a higher dimensional being. Your life is so exhausting. There's so much that you pack into it. So it would be best if you had time to be not quite human and not quite return to Source, to be part of Source once again but to be something else. So it's not quite like being a ghost, but it is something "other," and so you're just in a reflective space, shall we say a reflective dimension where you have time out for yourself to have deep healing and reflectiveness. People can go to Source. Some people can go to reincarnation for a different life. It's all your free will. You're extensions of self we have said before, you are multidimensional beings, and so this is not just your personal decision. You have your spiritual team that helps and guides, who knows the most appropriate for you, of course. Nothing is forced upon you. They will give you their perspective from different dimensions, and you'll get to listen to all of them. Then it will be apparent what is the most appropriate for you next, so going back to Source means you are fully returning all of your consciousness and all of your experiences that you have gained in that lifetime and potentially all the other lifetimes you've ever lived, to be back as one unit of profound consciousness that is aware of ALL. It is very balanced, very balanced indeed, and it is the feeling of the profound unconditional love of everything, the most balanced neutrality of emotions. It is everything and nothing. It is all-encompassing. It is undefinable because words are so limited because there is no emotion to convey to give you the all-expansive experience of being back as Source. That is one option that people can take when they shift off the planet in this event that this planet is going to be having, go back to Source or go to their home planets because they were merely here to lend their energies to help humanity raise its vibration enough for those to shift into the fifth dimension. That was always part of the plan to be able to help humanity evolve out of the third dimension into the fifth dimension; it is a gigantic leap and evolution. It would occur not from one lifetime ending in the third dimension to then be reincarnated into the fifth, it was a jump in this situation and experience to evolve physically. We have used the analogy of a caterpillar turning into a butterfly. We have used many analogies of change to highlight the shifting and expansion of the ascension into transcending into a higher dimension being the fifth dimension. Why, you may ask, is that significant? We want to say the cycles of life are always about expanding into higher dimensions and higher consciousnesses, to be able to expand and explore.

Most people shifting on this day of the event, each person will perceive it as occurring on the same day, but that is merely an illusion of your perspective. People have been shifting for quite some time now, as everyone's starting to take their roles on their path and journey to help humanity with this transition. Humanity is shifting, those who had chosen to experience the transformation of living in a 3D world to then be able to be upgraded into a fifth-dimensional planet. They will be in what we term for you now, the New Earth. So they will be moved and shifted onto the New Earth, where they have the 5D bodies, the 5D mindsets, and the 5D experiences to live in the 5th dimension. It is again nearly impossible to describe the emotions of being there. It is mastering all the higher vibrations, mastering all the higher emotions, and being able to be profoundly connected to your bodies, mentally, spiritually, and to be profoundly connected to others as well. There is lots of energy work there; almost what you would imagine being magical is very attainable on the New Earth, including elevations, telepathy, and so many senses, you profoundly get on well and have a fun time. You profoundly feel each other and explore and expand that way as a profound collective growing from each other's journeys. That is one opportunity, and as we had said, people can go back to their home planets as they have merely been visitors here to help with the shift. There are also other 3D planets that people still need to live out their lives in a simulation where they are assuming that they have not shifted. Their lives are still the same for them to play out further and be pushed further into dealing with their karmas and learning and growing from their lives that way. They merely just need some extension of time to be able to fulfill their duties and roles that they need for their inner growth. There are many beings supporting humanity at each level to make sure whatever happens to them is the most appropriate for their soul's growth while you still are under the illusion that this is your only important life and you're focusing on it. For example, your careers are important and social status, etc. Pulling you out to remove your veil to be able to let you remind yourself of who you truly are and the purpose of being here on this planet, if we did that to you when you were not finished playing your game of life and have not learned all of the experiences you wanted to learn and master, we would be doing a disservice to you. So that's why we have called upon another planet to take over these people who need to experience finishing off and mastering what they needed to do without noticing they have shifted themselves. You can understand the significance and importance of having the illusion of their lives continue on somewhere else. It may be for a short time or maybe a little bit longer just while they are really noticing and

learning and growing what they do need to learn and grow from as they are still dedicated to their lives and the life contracts they have signed, freely wanting to enjoy and explore as much as possible. We know saying "enjoying" is a judgment of emotion because often, the importance and significance of having an experience can also be one of great hardship and challenges. They're very prominent and important regardless of whether it is a life and an experience of joy versus a life and experience of hardship. Both are super significant and important, and what challenges you makes you grow bigger. Sometimes when you are happy, you become very complacent. There is stagnancy and not much growth happening there, so you want to explore as many different experiences and challenges along the way for you to grow and master all. It is not just simply one place for the beings and the people who are shifting on that one day. They're not just going to New Earth, there will be many options for them which have been resolved working closely with their spiritual team. Of course, many soul families want to travel together and be together. Hence, it becomes complex when you're trying to please everyone and make sure that everyone's got the right experiences that they wanted to experience while they were here. Because the planet is changing, you can't just come back and redo it again in a different life, this needs to be addressed now.

E. Thank you so much for that. Could you tell me some more about or clarify on reincarnation? Do you want to talk about past lives with us to add to the book? Or how do you want us to approach reincarnation?

J. It is real, it is a thing. Many religions and cultures have suppressed it because that takes away the significance and importance for some people to not focus on this lifetime as much as they should or could. The reason they have taken it out of everyday belief systems is for control and manipulation. If you knew you were just an extension upon an extension upon an extension of lifetimes after lifetimes of growth and expansion, you could probably enjoy yourself a little more, realizing that life isn't so serious. You know you want to do the best you could because it's a test that you're testing yourself on, so you're wanting all of these experiences. Most times, the experiences you want to sign up for and experience can't possibly be fitted into one life. So it is appropriate as you're signing up for your life contracts that you could have half a dozen lives that you need to live to be able to explore everything. You are primarily such advanced beings; you're very confident and capable of having many experiences. This is part of the allure and attraction to

come here to earth to be able to experience so much. It is merely a routine that you do not often do by yourself. You have your soul families that come in and have the fun of having amnesia, so you have no recollection of these big powerful beings that are very advanced and respected throughout the universe to come down here and have some human lives to focus on such small little details and insignificant things from your regular, shall we say "day jobs." Your higher advanced beings live much longer than what you perceive as your time here on earth in one long lifetime. This is merely an exploration of, say, an extended holiday that doesn't take time away from your bigger Being lifestyle and experience. Still, when you're living these lives here on earth, it feels like they're very long and slow and hard, but in reality, they go pretty quickly as we perceive and measure the time. Your past lifetimes are significant because they mold and shape who you are from traumas from past lifetimes to events. If you haven't mastered certain things that you wanted to, you will add to your hopes and expectations of yourself for this lifetime. For reincarnation, moving forward, as you perceive time being forward as you're experiencing it, the lessons you learn here, especially those going to be on the Old Earth, are very significant in many ways. So when you finish this play, this lifetime now being in the body and being the being that you are now when you have completed that, your next reincarnation will still have the significance and the insights into knowing all that you knew and learned. For those who may have also just been here to explore this experience as a holiday from their bigger life beings, you will still retain all of the lessons. Everything you learn on earth grows you significantly. It is all very purposeful for these lessons to grow and help you expand and have more evolution for your bigger being. You're such a big vessel, you just add on to all of your other skill sets and perspectives, and wisdom. It is so advantageous to get as many experiences as possible. This is a tremendous opportunity for you to experience such profound experiences while experiencing the Old Earth for many reasons. Not just for the relationships you form as you are on the Old Earth, but for your perspective of what it is like to be on an earth that has been out of balance for so long. This will be so profound for your soul, so moving forward in your other lives, you will always have profound respect of others, for the planet and for everything. This will be quite a big highlight, quite a big expansion of how you respect and see others; this will be very profound indeed.

E. Thank you for that. What is the significance of **hope** for them?

J. Hope is essential because it means that you still have empowerment to continue on, trusting that it is all purposeful what you're experiencing. While you can experience, learn and grow from hardship, ultimately, you want to have hope to reconnect to what is the universal law of unconditional love. Hope and being able to return to Source is lawful as it is always going to be the case, you cannot escape not returning to Source. Hope is reminding you that you are an extension of Source. Hope is that you are not a victim, hope is that you're not alone, hope that you're developing and expanding, hope can give you nourishment. Hope can feed your soul. Hope is keeping you in a more positive state of mind. Hope can keep you moving one step forward. Hope is feeling inner peace, knowing that everything is possible. When you are empowering yourself with hope, you are raising your vibration. You're raising your vibration because you're wanting hope and whatever you are hoping for, brings manifestation to you, brings abundance to you. There is so much when you have hope because the opposite would be despair, and when you are in despair, it manifests more of these despairing experiences and emotions. Hope is what everyone must have always. When you are in a state of neutrality, trusting that everything is purposeful, trusting that there is always balance, trusting that in the most "ideal" universe, there is respect and balance for all. When you're experiencing profound challenges, when you advance and grow from that, you have more respect for the challenges. You have more compassion for everything because you do not want others to have to experience such hard challenges. You will be so grateful that you have advanced from those challenges. You will live a more balanced life knowing where you've come from and growing upon it with hope.

E. Thank you so much. It was beautiful. People probably don't have a lot of hope. What makes that choice to go from no hope to hope, knowing that it's everywhere in the world that this has happened?

J. Absolutely, we want to say that we want to use this analogy that we have used before, which is you have gone to a dance event. You're in one room, and you have been dancing with all your joy and sometimes not joy. You may not enjoy the music, you may not enjoy your dance partner, but you're there attending the dance nevertheless. When it is time for the dance to finish, it is nighttime, so it's got twinkle lights everywhere. Suddenly now with no warning, the lights turn on. When the lights turn on, 70 percent of the people attending this dance party have disappeared. Those who are left there will be confused. It is to try to figure out

what has happened and for them to come together to support each other through their experiences of the dance. "I love that song," "I hated that song," "this is a pretty dress," "I don't care about dresses," whatever the conversations are, to support each other with trying to ascertain "how did we get here," "what happened while we were here," and now "what can we do moving forward." These are great conversations and connections that the people at the dance party with the lights fully turned on now will have to share and converse with each other. For however long that will take for them to have that journey to connect with, to be able to discuss, we want to say that you don't realize that there is another disco party. There are endless dance parties. You merely just have to realize that you just need to leave that one room and go to any of the other rooms that you want to go to. For while you're at the illusion that you're at that one original dance party, you had no idea that there were all these other parties and events going on. The hope you can rely on is knowing that the end of one dance party is not final. There are endless amounts of dance parties, and the dance party that you find you want to explore could potentially be the next dance party that you're always invited to. This isn't about people being excluded from any dance parties. You can attend all dance parties. When you're finished with one dance party you have freedom to explore all or another. So this is another analogy of your lives. You could choose to have many more lives after this or choose not. It is your dance party. You are the master of your experiences and what you are seeking. So, while this dance party has changed dramatically with the sudden turning on the lights and you realizing that more than half of the participants of this dance party will suddenly no longer be there, this is all purposeful for you to make those connections afterwards and to be able to profoundly have connections, to experience the shock and abandonment but also realizing you actually aren't alone. Many are there with you and along with you who are experiencing the same. There are great connections there; we understand that it's strange that we've used an analogy as a dance party, but we wanted you to know that when you are your bigger 'beings' and when you are in our position and perspective in our dimensions, you would see that your lives when you are in the physical are supposed to be dance parties, which means something joyful, which means moving your bodies, being carefree, and not minding if it's a silly song, not minding or focusing, or paying attention to the small details of fashion, of the snacks, of the venue or of the quality of the bathrooms. You're not supposed to be caring about all of those more minor things. You're supposed to be just noticing the

fun you're having and the people you're meeting and the good time you're having. We want you to view life like that.

E. That it's a magnificent view to have. I'm sure it'll be a splendid view to have experienced what is to come. What's the significance of the experiences for those who are staying here?

J. Great question, the significance of being on the Old Earth is crucial. It is about seeing the aftermath of the planet not being sustainable anymore. While you may not understand it while you're still at that dance party, when you shift, when you get your healing and your perspective, when you are returned back into your bigger being, you will be able to understand it much more from just like our perspective. It is about experiencing things first hand and is so much more impactful and powerful. Many who will be on the Old Earth wanted to have an experience to be able to feel when a planet has been broken by control and manipulation. So much has been pillaged, misused, and out of balance. When you experience the end result of all of this misuse of a planet, then you will profoundly understand the purposes and significance of why it needed to end the way it did. Most who experience the Old Earth will not know the purpose of why it was important for most of humanity to be shifted into a different dimension. It wasn't just because it would be fun to just shift and evolve these people most without their knowledge; it was because it was necessary. We want to say this planet is a living being which we think has been explored in the book already. When you are living on her body and when she decides that she wants to reincarnate, as soon as she leaves the body, it will start decaying and corroding away. Therefore, we have had to help shift the beings and the people off the planet to move them to their desired destinations. So, there is a time frame, a time span from the first big shift to other smaller shifts to help evacuate the planet. While everyone wants to experience what they want and what they need to experience for their soul's growth and the journey that they need to experience, experiencing the end of a planet is important because the compassion of seeing the end results, the totality of the culture, and the species is paramount. It's so enlightening. It's the final chapter. It is the last scene in a book. It is the conclusion. It is so built up, so concentrated with all the experiences that this planet has had, that humanity has had, and the growth, expansion and experiences are so concentrated. We do not know if this is the most appropriate way to have explained this. So, we would like to ask, have we answered your question here?

E. I think at this point, it is answered very well. I'm sure we will come back and elaborate more on this question in these lessons.

J. We just wanted to add one thing: when in future lives, shall we say, if you are in a position where you want to control beings, to control a planet, your now-experience from this planet, you would go about it differently. You would go about it with compassion and consideration for others and be really respectful of the balance of that planet which is alive. This is important and extremely significant and should give all of humanity and the universe profound HOPE.

E. Beautiful, thank you. Do you have any other messages for us today?

J. Yes, thank you. We appreciate being able to share our perspective of this. We understand that when we converse with you, when we share our perspective, we understand that lacking and a void of emotions and compassion and consideration. And while we are very direct, our finesse in our delivery should not be considered cold and uncompassionate towards the beings who are struggling to comprehend and understand the purposes of their predicament. We are profoundly compassionate, unconditional loving beings, and we see that there is great growth and benefit from all experiences. We understand the challenges of emotions, and we want to apologize to those humans, those beings who feel like we are not sympathetic or show compassion to their situations, when we are, in fact, always wanting to support you and be there for you. We cannot tap into your emotions and feel those for you because that does not serve us because we have advanced out of the need for emotions. Still, we can see yours, and we can understand yours, and we're trying to give you a bigger perspective to help you understand why you are going through these. It will not remove your emotions. It may not even heal your emotions, but being able to have a clarification of what is happening may give you a bigger perspective for you to have hope and for you to navigate yourself forward, knowing that you and your spiritual team believe in you and know you need to experience this and master this for your spiritual evolution for yourself.

E. Thank you. That is the balance; you are the higher beings. We are here for these lessons. This is the other side; we are here with the emotions to learn them and become higher beings ourselves to then help others.

J. Yes, absolutely, and when you're out of this dance and when you are back with us, you will be reminded and remember that you did sign up for this. We promised and agreed we would support you every step of the way, and we have, and we have never left you, and we are guiding you and encouraging you and inspiring you to help with your path and your journey and your contracts and missions. We understand you get frustrated; we know you feel just because we are invisible to you that we don't exist, we know all of that. We're still here regardless if you are angry with us or pretend that we're not here. We are always there to support you, and when you are no longer on the dance floor and you're back with us, you will realize that we have always done the best for you and honored and supported you the way that we know you need to be honored and supported.

E. Didn't we equally come into that contract of picking you on a team for us?

J. Yes, we're not strangers. Your spiritual team is not strangers to you. You've had lifetimes with them; you have had soul family contracts with them and experiences. We trust you; we know you more than you know yourself, and you trust us profoundly when you're with us from our dimension and perspective. While some people are afraid that we're perverts and watching you go to the bathroom, we're certainly not, and we're not interested in your bodily functions. We are here when you appropriately need us. We watch you, we protect you; we make sure that other people's free will is not infringing on your purpose and mission, and we allow you enough to expand and explore on your own while still protecting you. There's a delicate balance there, but you profoundly trust us. This is why you have asked us to be your guides, you just can't remember that. This is why some people think that we are strange, that we know so much about you, that we're always here to love and support you, when you do not feel our familiarity. Still, we're always within you, and we're always there supporting you. You have so much doubt, and many humans have such loathing of themselves. They would never possibly dream that they deserve to have so many higher advanced beings just loving them unconditionally forever and always.

E. Beautiful, thank you for that clarification even more on that subject. That is all. If we could have Jo back, I would appreciate you for coming in and helping us today.

J. We are always happy to be of service; this is part of our commitment to help humanity at this time. We have also signed up to be part of this, to share our wisdom for the book, to help, because we want our messages out to people any way possible. We understand that not everyone knows about this technique and these sessions, and they don't trust channeling or spiritual people. So, however, they will resonate with this information, whatever format they can get their hands on or their ears to listen. You know, we always want to help the best way we can because we understand it's so tremendously challenging for many of you to get the truth. The bigger truth is hard to find because there's just so much disinformation, even in the spiritual world, shall we say. So, it is hard and when you are stuck in fear or when you have experienced big trauma, where do you or how do you know where to go to get the right information? So this is important for people who are so disempowered to be able to have the opportunity to get the most empowerment through this book and these messages. As you know yourself, these lessons have been providing people with profound wisdom, information and perspective, that their minds have not just naturally gone to see things from the bigger perspective.

E. Yes, so unbelievably grateful for these lessons.

J. And we are incredibly grateful for those who are open to hear it and apply it because many can listen but do not apply and do not know how to do their inner work because they still are reluctant to believe that they are worthy of self-love. We honor you, and we honor all the people who are open to having improvement and expansion on their experiences. Sometimes growth is very painful, but it is significantly vital for that and what you gain from that growth, from that discomfort is profound. You would never complain when you could see the profound experiences that you're learning. We envy you because you seem so brave, and you're experiencing so much. We're learning from you. You're very brave, and we did not at all want to take on this call to go down into such a dense planet and to have such profound experiences. Some of us here have, and it is very hard. It's not until you finish that dance floor that you realize you have been dancing marathons after marathons after marathons of emotional challenges but it is super rewarding, so crucial, and important. We don't want to put too much pressure on you when we're so frank and honest to say it is exhausting what you're doing. You get a sense that you know it is, so we're not trying to sugarcoat it and make it all sound like it's just such a fun, easy dance party, you dance the night away. We say that you have to

often dance to music that you do not resonate with. You have to dance with dance partners you do not resonate with, dance with awkward fashion that you do not resonate with. We understand it is not a picnic in this dance party. Still, we are trying to keep giving you hope and faith because you must see things from a positive perspective to help you because you cannot escape this, you cannot choose your exit points when it's not your chosen exit points. So we're trying to help you help yourselves with positivity. We say this with love.

Chapter 12 - Peer Pressure, Dolores Cannon and Athena
4th of September 2020: Dolores Cannon and Athena from the Collective.
https://youtu.be/wkRasjVkITg

The question for the collective is: how does peer pressure impact humanity? Then we asked for a message for humanity from Dolores Cannon and Athena.

Peer pressure impacting humanity is crucial for you to ponder and consider how much this impacts you, and your daily life, and your daily mindset. When have you felt peer pressured? Who has put peer pressure on you? And have you placed peer pressure on others? Why does peer pressure get used for control and manipulation for agendas that aren't morally always aligned with one's natural state? Peer pressure has been a social construct to manipulate and control you. You've all experienced peer pressure, and you all are still holding on to the belief systems of what the results of the peer pressure has created for you.

You all should have been aware of the events in Germany where the peer pressure unraveled what you call World War II and essentially World War I. Still, we will discuss World War II today with you to give you a more significant example of what peer pressure did. The peer pressure dragged innocent people who had their own belief systems, which were not harming anyone—collecting them, degrading them, abusing them, dehumanizing them, and then destroying them. We give you this example today because we know that you're all sitting there thinking, "well, come on, how bad is some peer pressure? could be motivating?" and yes, peer pressure can be used for motivation and a bit of encouragement and a bit of pushing you in the right direction, in some cases.

However, we would like to remind you of all the current situations now that humanity is facing. Facing the masks, the peer pressure to place masks on self, to hide oneself behind the mask, to hide your truths from each other behind the mask. There is a lot we can link here with the use of the masks. It is dumbing down humanity, and you know it. There is NO physical reason why the masks will protect you from a misdemeanor bacteria, what you call a virus. You know this; you have heard doctors say this; you know that this is ridiculous to place a mask on your face for protection of something that is fear-based. So, the question was how humanity has been impacted by peer pressure. We have given you two examples, and we

understand that you all want to fit in; we know you don't want to be standing out in a crowd. Some people love that, of course, but most of you who are listening now want to keep their heads down, want to not be ostracized or be different in any way. This is part of you forgetting how amazing you are and how special and important you are. You are all different in ALL ways. And you've forgotten this and it is part of your human experience, but never ever hold back your truths, your gut intuition, your feelings, and emotions. Allow them all to come through now. Humanity is going through a tremendous shift, and you're allowed to be human. You're allowed to enjoy the experiences of the entire smorgasbord, as we say, of emotions for you to display and feel and explore.

Obviously, we don't want you to go to extremes. We want you to feel the emotions, but we don't want you to act out on the negative emotions that may impact on others. Be responsible for your emotions. Be responsible for your reactions. We want you to go within. We want you to ponder your belief systems and how you may be limiting your lives because of the peer pressure that has been placed onto you. Share your truths with yourself, be honest with yourselves. You no longer need to tell yourself about the peer pressure and how to limit yourself because of the peer pressure that has been told upon you. You don't need to believe that for yourself. You may want to pretend that you are following the orders and the current pressures to keep the status quo amongst your friends and family, so you don't buckle the waves. We understand that, but don't lie to yourself about the peer pressures and the nonsense you have been told. Talk to yourself, make sure you're not following blindly in any way. We understand it is easy, but also please understand it is not doing you any benefits. You may feel like we are telling you off, and we are not. We are merely pointing out some routine behaviors that are so ingrained in you, you haven't stopped and thought about this. And therefore, this is why this question has been pondered in place to us today. We merely want to give you this wisdom, give you this little thought, little food for thought, shall we say. Peer pressure when in place in positive scenarios can be good, but please be mindful of all the places and times and scenarios peer pressure has been placed on you, and you have followed. There is not much time now to continue on that path. Make your own path. We say this with love.

Dolores Cannon would like to say welcome to September 2020. What a marvelous month ahead for those people who have controlled their emotions and released all

of their hidden issues. You are going to have a smoother month than most when you have got control of your emotions. You will not flip-flop, you will not waver, you're going to feel, you're going to think, but you will not react, and that is the most important thing. Feeling and exploring the experiences of the emotions but not living it away from you in any way. That's powerful, you are powerful; we don't want you to forget that. It is so close, and we are working hard to help all who are still stuck. We hope you understand how peer pressure, while it seems to be the topic of the day, still keeps many people stuck. So please consider, deeply consider, how you can unstick yourself with some of the peer pressure that you have placed upon yourself and others have placed upon you. We are so excited for you this month because this will be a big test for you to see how your emotions and your understanding, and your common sense of all that is going on will be put into practice. Many of you know all that's going on, but yet emotionally and physically in your own world, you haven't been tested to see if you can ride the emotional waves. Be strong, do not fear, enjoy it because you know the bigger picture, and you know the bigger purposes here. Don't be tempted to go into the victim mentality or the hopelessness or the dramas of things. It will not serve you, and you will all be tempted to do it at some level. Of course you all have free will, but we are trying to help you as much as we can to guide you lovingly through. We will say all of this to you, and you will all understand it, and then when you put it into place, you will have that greater experience too. We say this with much love.

Athena comes in, and she's looking at all her warriors, all the people who have worshipped her in the past who are now on this earth, in these lives. They are heroes and warriors within themselves. They've all come here for a purpose: to be strengthened lighthouses. They are the people that you'll notice on social media in your daily lives who are the cheerleaders, who say it as it is but also have hope and inspiration and humor and light-heartedness and also good morals. Those are the people who are my team, who are my tribe. I want you to support them when you see them. I want you to encourage them for not bowing down to peer pressure and following their own path. It is so hard to be on your own path, to share your own truths, to help humanity, and that is what they're doing. They are trying to love you and guide you, and support you to have a greater understanding of what is happening. You can start showing your gratitude and acknowledgement of how hard it must be for them to shine their light and move forward and make pathways, to not bow down to social pressure, to not bow down to injustices, to feel

humanity's pain, and still love humanity. I'm speaking to some who are here, who are those lighthouses, and I say I see you, and I just adore you for being these role models for these people now because we understand most can be terrified of what is happening. There is nothing to be afraid of, and there's everything to get excited about. Trust your inner truths, support each other.

You are so much stronger together than apart.

Chapter 13 - Individual and Collective Shift and PRE Shift Information
2nd August 2020: Part of a private session with Lashana
https://youtu.be/Ro3Y5rGMx4A

J. So it's an individual shift rather than a collective shift?

L. Yes and no, many will shift all at once, some will not.

J. Thank you, and is there going to be a shift in consciousness before the physical shift?

L. Yes, that is already taking place.

J. And will that help the people that we say are not awake or not aware of what's happening, that first shift that's happening right now?

L. It's a reaction of the conscious shift taking place at the moment. It will, what you would say, cause a ripple effect that will awaken many others.

J. I want to ask if the veil will be removed and everyone will remember who they are very soon? (L. No). Okay, will that happen before the physical shift?

L. Yes, but not for all; the veil will drop for many but not for all.

J. When the veil is removed for many, in terms of the time difference between that and then the physical shift, how long do we have to work with?

C. The veil is knowledge and that will be instantaneously when you are taken. It does not happen before, as in your human form you cannot comprehend the knowledge coming with lifting the veil. It will happen instantaneously when the shift happens.

J. Okay, thank you, and in terms of the time that we have left before the shift happens, how are we best to help humanity awaken?

L. Simply by just being.

J. “Being” never feels like it's enough.

L. Not in all cases. If you're gifted and you have those abilities, share them but do not push them on others who are not willing to listen because it will only cause them to retreat into themselves. If you have a gift, shine it bright and those who need it will come, trust this.

J. Thank you, I love hearing that. What else, Subconscious, are you able to tell us about our near future?

L. There are different realities. We have various shifts for everyone. What we perceive in our being isn't necessarily the truth for everyone else, but yet it still exists. It will still happen how we perceive it, but it will not be the same for everyone, yet they will still reach the endpoint.

J. Thank you, will there be any natural disasters that we are aware of but not necessarily affected by in New Zealand?

L. If people choose to see that, then that's what they will see. The reality that she is in currently and that you are present in, you will shift, but she has jumped in two realities where she will not shift. She needs to focus on the reality that she wants to experience. She's just undecided in which one she wants to be in for whatever purpose she wants to choose, see through, and live through.

J. Thank you, and so in terms of the last session, when she was told she wouldn't shift to the New Earth, was there a purpose for her to perceive that timeline?

L. Yes, there was, for she had already lived that reality. She’s living that reality now, but she needed to do the work on herself. Being faced with her mortality helped her shift to where she is now so that she is open to receive the information that she needs to receive to move to a bigger and better purpose. The focus of the intentions has been on this shift to New Earth, and in this current reality that you both are in, it will happen, and to trust that it will happen. But to let go and not live in fear, not to let the human ego, as you call it, to take over because it will try to push in the final wave. It will try to prevail, to block the light for the shift to happen.

Still, it will happen in this reality, to stay true and not give in to the fear because it is coming, it is coming, and you will see it around you, but not to let it block your life.

J. I Feel like I've been preparing myself to be open to all and have found I do not want to plant my garden for my summer flowers. I'm just feeling like I'm preparing myself for the shift and not wanting to waste any of my time with things that will not come about.

L. Absolutely, but do plant your flowers, not because they won't exist but because it brings you happiness and connection. Do it for the mundane reasons because that still brings joy to you in this present moment.

J. Thank you, and can I get away with not worrying about doing house maintenance because it doesn't exist in the New Earth. (L. absolutely). I feel like so many people ask me questions about the New Earth, and they are so afraid and worried and excited and want it now. I'm just trying to wrap my brain about what are the most important questions that people need to know. When the shift happens, I keep hearing that there will be many natural disasters that are going to scare people. I just wanted to confirm that all the people who use exit points with these natural disasters are going to the New Earth or are going to their other homes?

L. They're shifting to a new existence; it might not be a new home or a new place; it could be a new dimension, it could be a new reality, but they are shifting in their existence. But to where they go is where they choose, is where they vibrate, the frequency that they emit from the body. Not everyone will go to the same place as you speak of. It is not one of the same, but it is a reality and it is how you perceive it. Within your own mind, you will shift where you choose to shift to, but it might not be the same place that everyone expects to go to, this one place. It's not one planet, there are many variables of where you can shift to. It’s just where you perceive, where you vibrate, and where your frequency is at as to “where" you will actually arrive.

J. Thank you, it makes sense, and in terms of when the shift happens in this timeline, where will she go?

L. She will go to the planet that she saw (first part of the session which is private, it was not New Earth).

J. Okay, and may I ask where I will go with the shift?

L. I see a ship for you, but that is not your ultimate destination. That is just a passing point before you reach your final destination as you still have much work to do.

J. Can I ask what the work is?

L. Something to do around energy and directing that energy.

J. I always feel like when I get told I've still got lots of work to do, I feel like I'm not doing the job correctly, and so I always think, "oh gosh, am I not learning from my work, or I'm not growing from my work," but it means I've got a still different job to do, is that right?

L. You are on the right path. Do not question yourself on that, and it just goes beyond so much more than what you're experiencing in this human form.

J. And I know this will be silly, so please be with me on this question. When I shift, my mind will be aware of my different body shifts and changes, is that right?

L. Yes and no. You will be able to tell that you are in a different form, a different state of being. It will not be as you appear to see things at this present time. The density, the vibration, it will all change. So yes, you will see things, you will see a physical shift, you will feel a physical shift, you will perceive a physical shift.

J. And then I do my energy work then?

L. You're doing your energy work as we speak. You've been doing it for as long as you have existed. It's about growing and evolving and changing when the time comes.

Chapter 14 - Message From Dolores Cannon PRE Shift
28th June 2020
https://youtu.be/6-4EJ_seDfs

There is a lot to be prepared for and to trust it in the scariest, darkest days. All is well and you are protected; there is so much joy about to happen for humanity. This may seem like a scary time, but it is just a beautiful evolution step that was always going to happen, and if you have done your inner work, you do know what I am referring to. Everyone is on their journey; please do not disempower others who are at a different level. It is all scary for everyone. As we take the ladder of our learning, and as we take each step up towards our goal, do not wobble, do not look down at the other people still trying to grasp onto the poles to take those small steps up, look up yourself knowing that you need to do your own inner work. You need to release all of the fears of all the truths coming out now in humanity. You cannot do anything about the crimes against humanity except to see it from a bigger perspective. This is the reason why we need this Shift. Humanity has all taken a turn for not how it was designed to be but they're all marvelous lessons, regardless. Do not fear, do not fear. We are all here for you. All is well. Please remember that, when the earth starts shaking and things happen that feel way too beyond what you can cope with; remember that is fear. You all should have now done your inner work not to be afraid. Remember, we have more than this lifetime. We journey into our lifetimes with ease and joy and grace.

Remember, all is a lesson. This is your life contract and your life's purpose. Do not be afraid. Fear is wasted energy, be in love with all the lessons you have learned, especially the hardest ones, because those are the ones you have overcome, and those are now the ones you can teach others. You are all unique; you are all important; you are all special. You all have your own place in the world. Please do not feel threatened or afraid, or worried. Please only empower yourself with the greatness of within, your knowledge and wisdom. Please trust we are all here for you, and we cannot say that enough. Please love each other.

Chapter 15 - Humanity Has Been Told LIES; Earth Meant to be a Tourism Planet
3rd March 2020: My 2nd session being a QHHT client
https://youtu.be/-Ea3c_16Zh8

E. How is humanity going?

J. It's all good, everything is moving forward and changing exactly how it's supposed to be, and everyone's experiencing things exactly how they're supposed to. There is a lot of stuff that happens behind the scenes. It's a massive collective, and that's why Joanne always wants to honor the people working on that, the beings who are doing the work behind the scenes to help humanity, to help the people.

E. Who are these beings that do things behind the scenes?

J. Us.

E. Okay, how many of "us" are there to make this happen?

J. How high can you count and then times that by how high you can count.

E. Wow, so it looks like this is a pretty big show then.

J. It's impactful because it's like this is a ripple effect, imagine an enormous ocean that you can see, and it's completely flat, and there are no waves, and you drop the pebble into it, and the pebble is so profound that the ripple effect spreads out and out.

E. What causes this ripple effect?

J. There is like an awakening of humanity's consciousness, being self-aware.

E. How is this happening?

J. So much stuff is forcing people to wake up and awaken. Everyone's belief systems are being challenged at every level. No human will escape being triggered, and they have to work through their triggers to move profoundly forward. Religion will be

challenged, politics will be challenged, healthcare will be challenged, and the environment will be challenged. They will not know what's coming next. They're afraid; they're so terrified that something will get them, but what they don't understand is that enlightenment is coming to get them.

E. Wow, how can we take away the fear?

J. We can't do it; they have to do it for themselves and go within to realize that what they have been told is LIES. They have to think for themselves. They have to get themselves out of the box, out of the apartments, out of their homes, they need to connect to the communities. They need to have a cause to rally together, to have something in common with their fellow man, to go "no, we don't want to vote for Trump, no we don't want these viruses no no no no no" and they feel so suddenly outraged. They want to live and they want to protest, that it causes them to connect profoundly to others, even like-minded people, even total strangers where they feel that they have one thing in common. It is about having a conversation, even if it's about the virus that's happening. They're talking to strangers about it. They're afraid together. What is happening is they feel like they can talk to strangers and connect profoundly, and they both recognize the fear that they have. They both will say something positive like "hope we don't get it, we should be protected, we know a plan," and it's about changing their fear systems. They will start talking about the flu virus. They will start talking about a lot of stuff, all have the same vibration, connecting differently than ever before. Even though it's fear and that they are still connecting, that's always going to be greater than the fear itself. So that's why we've been pushing them, because we wanted them to talk. They don't talk about the good things; they finally talk about the drama, the fear, the worry, the tragedies, the natural disasters, all the things that they're so addicted to, the trauma of it. While we don't like that, we knew this is how we could play them.

E. Can you see how the awakening will happen? Do you guys have a plan up there?

J. So it is just like a contagious thing. One person has an experience, say the flu virus, for example. The flu vaccine which they get pushed has made people so sick, so sick; they know it intuitively. And this is what scares them the most with the vaccine and the coronavirus, they know something's not right. There is this

disbelief there, there is this fear. When it was produced into the awareness of humanity, a lot of disinformation of the whole thing was also released. It will be uncovered, it will make people wake up. They will realize that the fear they have been under was just an illusion. The connections they had with people when they talked about this remains, but the fear will drop when more information gets out. Truth always gets out. While we have been working on the earth to create the higher vibrations to help humanity have a kickstart, everyone is naturally waking up.

E. That's amazing all of the connections you guys are doing behind the scenes to make this happen?

J. It has to happen; with the earth changing, it is shifting, humanity is needing our support. And by now, because we have all worked so hard with humanity, we all have chips in this game. This is why I reference our ship as a casino black and white wheel. It's all the mix, all of us combined, it's a lot of stuff, it's a lot of support; many people are watching, a lot of beings are watching this situation because we're curious about how this is going to go. After all, it's exciting to have a successful transition. It's crucial for so many things. The people who have different DNA need to go back to their home, so we're nurturing them here on earth to have all these experiences, and when they go back to their own homes, the elders will share their experiences. We are all tourists on this planet; eventually, we will all be going home.

E. Where is home?

J. The stars. All of the stars have a stake here; all have investments and interests here. It's like a weird thing that's happened. A civilization has sent one volunteer to explore this crazy thing called earth. Some have got stuck, and it's taken them a little while and then they come back and they're slightly broken, damaged, and traumatized, but we heal them. We want to learn from the experiences.

E. Definitely, how do you heal them?

J. Each civilization has a way to heal the fragmented souls, and it's about just understanding the relatively simple but also intriguingly interesting existence of the human experience.

E. When we go back like elders to the stars, how are we going to put into place all this knowledge that we've learned from earth?

J. It's like a storage container, I don't know, we download our experiences onto something that is going to be observed. It's like if you go to a museum or go to a library, you can see all these books. The human experience for that being, will be shelved into a book but it will be the whole human experience. Everything will be downloaded in that one book, and most civilizations will be logged in this library. It's just like how you buy a guide of the town or the country that you're traveling when you go traveling. It's like a souvenir, wherein the whole human experience has collected for souvenirs for different civilizations. Of course, I'm not speaking about all of them because some don't care, some are not invested, others are, the more compassionate beings are. That's why they are still here, why they are still helping. They actually just came for tourism, and they just came to sightsee the earth and explore it. It was in a superb location in the universe. It got hectic and then things changed, but I think some beings have more compassion than others and more intriguing interests.

E. Are they doing anything differently?

J. The beings who are feeling compassionate and more interested are still here, supporting as much as possible. They're more interactive, but not all the beings are aware of earth. That's just why, for your lifetime, we're just collecting your human body and bringing it up.

E. How do you do that?

J. How we travel? It is just energetically.

E. And what happens after that?

J. We download the information of all the emotions you're experiencing, all the stuff that's happening, not just your personal stuff but everything you've ever been exposed to. It's like every time you connect with someone, even if it's just meeting them, even if it's just like walking past them, you collect all of their experience as

well; you're like this magnet of information. So, while we aren't necessarily interested in "E" life's experiences in this lifetime, it's more the “entire” collection of all the information that she collects from people.

E. What information is being collected from people?

J. Just daily life- experiences, feelings, interactions, drama and everything. We don't find it very interesting, the actual information, but it's just trying to understand what you guys are doing.

Chapter 16 - Joanne's Questions About her Purpose
10th of September 2020.
https://youtu.be/VYcax-ZOoGk

Part of my private session asking about my purpose here is titled "Wisdom about how to get ready for the Shift into 5D and working on New Earth" on YouTube.

It will be supporting people and encouraging people to find their inner skill sets. She will be able to reassure people and get out their greatness, and this will give her such tremendous joy because people will want to improve themselves. This is the lag she's feeling now. People want the help, they want the fixes, they want everything done for them, but they're unwilling to work for it. However, on New Earth, people are willing and wanting to empower themselves. It will be just such a refreshing enjoyment for all light workers who wish to help humanity adjust and shift into the New Earth. Because people will finally be wanting to grow, wanting to strengthen their skill sets and grow their spirituality, and it will not be so taboo anymore. You will want to do it naturally because it gives you such joy. So it will be easier, the clients will be easier, the people will be easier. It will be a marvelous time that will not feel like work, it will just feel like supporting and loving and nurturing each other, and it will be a beautiful balance. Joanne's joy from doing excellent work with other people is like how she feels now when she has good sessions and connects with people. That's something she should look forward to, and she is looking forward to it. She's not so scared anymore about the shift; she is still sad that many people will be confused about the shift and what they will see in all the forms of destruction worldwide.

This is part of the ending and people will have to go within to be able to profoundly understand it because if they don't, they will go slightly insane with worry and fear. It is safer for you to be inside to protect yourselves from the people going somewhat mad and hysterical with the shifts and disasters. You don't want to collect their fear; you don't want to be vulnerable. You can help others, and you don't need to be in their presence to do that. You can send them love and healing from within. They don't need to be in front of you. You can start practicing this now and seeing the changes. Start doing this now to the people you feel may be wanting to choose to stay on Old Earth. Potentially give them love, see how they respond and act. You can do it without them even knowing. And if this is what they need and

they will accept it at a subconscious level, you will see the improvements. Remember you're more powerful than you think.

If you manifest health, love, forgiveness, and release of trauma and fear to others with a pure heart, they will receive that. You can do that now; you don't need to wait to get to the New Earth to help others.

Talking about the crimes against humanity will freak them out. They do not want to understand how cruel and horrible humanity has been to each other. Just send people love and healing when you find your quiet space, when you go within and feel tremendous love for that person, tremendous love, pure love.

Please don't focus on their flaws, don't focus on your flaws. Nurture the love that you have for them and send it out to them. Imagine you are enclosing them in your love bubble, and you are wishing them love and all the positive things you could ever wish for them. Don't forget about yourself, create your love bubble for yourself, be proud of yourself and all the goodness that you do for humanity, don't get stuck in boredom. There is a lot still you can do, the excitement of having plans for futures on this earth as we know it, while that has been taken away from you because there is no future on this way of life, does not mean that you need to get bored and binge watch mindless TV that does nothing for your soul. You want to grow; you want to be as close to a 5th-dimensional mindset and above as much as possible. The easiest way to do that is to stop judging others, stop judging yourself, loving others, and love yourself. Just accept the journey you're on when you surrender to it. It is so much easier. We say this with love.

The foods you are consuming, the liquids you are consuming are vital to you at this time because they will help balance your bodies as we're detoxing your bodies from the heavy emotions, the heavy metals, and many things that have been impacting your lives and your bodies. You have stored emotions in your bodies, and you're not aware of them, and this is more trauma from this lifetime than other lifetimes, so we ask you to drink as much water as you can. You have limits but flood your body with love each time you drink the water, ask for the water to heal and love you and enjoy it. Water is your good friend, water has memory, and when you release that water, it will still have the love and healing that you have set an intention for yourself, and that love and healing will then get passed onto the next person and

the next person and the next person. When people don't know that water has memory, they're not programming it; we are healing the water now and releasing all negativity from the water. There are no memories of negativity in the water now, and you can trust you're getting good positive water when you put in the positive intent. We have cleared the negative energy from negative memories from the water. Now we're asking for you as a collective listening today to start applying the intent of pure love into the water. You can do this when you shower. You can do this when you consume it, and you can do this when you see a pool of water, you can do this when you think of water, you can do this to the ocean water, any water you see. When you see rain, set the intention for "loving and nurturing." This will be a nice positive exercise for you to do to help humanity, and not only will you be helping others, but you will also be helping yourself by raising your vibration and focusing on love.

Regarding food, your bodies have been changing so significantly, you need to start using your intentions now, your intuition on self, to navigate through which foods work for you and which don't. You know the foods that don't work for you, and you know the foods that do. Start thinking about the range of colors you're eating. You're never eating enough greens. We say doing sprouts is fun and powerful because you're eating live food and energy, and you're also adding love when you put your water into those sprouts. Can you see the theme here? Setting intention for your food and water is very powerful because you're very powerful; use your skills, use your power, use it for good. Remember, if you want to have a day where you want to marinate yourself in the negative, in the fear, the worry, the jealousy, the judgment, and the lack of abundance, the general state of lack, you can use your free will to do that. It will lower your vibration and will affect others. You can do this to remind yourself how unfulfilling life is when you have that approach and when you've decided that you've learned all that you can from that, we then say get a glass of water and start again. Pick yourself up, squeeze all the excitement and hopes and joy you want to have for your new lives after the shift and set those intentions in that glass of water and sip that water with every gulp, adding love and healing. You deserve this love and healing; you can do this in the privacy of your own home and not tell anyone how much you love and heal yourself. We say this with so much love to you; we want you to enjoy the time you have here. It is the start of your new lives because you have the bigger mindsets now. You're capable of doing this. We're always here for you, and if you want more questions from us, go

within, have your big glass of water, which you have infused with love and healing and then come and connect with us. Go within yourself with your mind and start asking us the questions. We will give you your answers by the very first impressions and senses you sense and hear and feel from us. You may not see us, you may not hear us, but we are there. Use your other senses, tune into us with your intuition. We always are here for you, loving you. We say this with so much love.

Chapter 17 - Gaia's Message to Humanity
1st of October 2020: Gaia's Message to humanity.
https://youtu.be/vJg1gKusIwI

Hello all, how are you? How are you going now that you know your fate on this vessel that I have had my consciousness in? I have had an enjoyable experience as my lifetime as your earth. I go by many names depending on what culture you are from and how you wish to perceive that you can connect with me. Names are not important. I am always going to be your mother for this worldly experience here on earth. You could even call earth something quite different if you wanted to. It is still the same place you have lived this lifetime now and all the other lifetimes you have ever lived here with me. I have been with you all, and I have been able to provide you all with so many things. It has been my privilege and honor to nurture you in this way while I also do my own work and my own experiences of having a lifetime as a conscious planet. It may be a strange choice for you humans to understand why a consciousness would want to explore a lifetime, a very long lifetime, as a planet. It is the same for anything, always the lessons and experiences you grow and learn from along the way. I am very tired, but I am also very focused on my new exciting adventure. I also want to be able to extend myself to a new planet that has been made for me, and that body is complete now. It is soon my time, and I will leave my vessel here, and I will take my soul. I will go to the New Earth, the earth that I want to live in, and you are all welcome; although you have to have the same frequency because I want to evolve, I want to live to experience being a planet with the fifth dimension. Just like your carbon-based bodies, they need to develop into your crystalline bodies, my body also needs to evolve. I will still look similar but somewhat quite different and how I will live my life being the next planet that most of you shall come and journey with me on. Of course, I will be there for much longer than you because you will explore and learn and grow and shift off from your fifth-dimensional lifetimes faster than I. After all, I'm in no rush. I have had many lifetimes before, and I am exploring the worlds now, the experiences of being what you can perceive as a whole world. There are many lessons here. It's a very relaxing but nurturing role, and so it has been tremendous, and I'm looking forward to my new lessons and my new experiences with a different based body. There's always growth here for everyone. So thank you always for the times you have thought of me and wanted to ground yourself in me, and I have felt that each and every time. I also know there are times when you have forgotten about me. There have also been

times when I have forgotten about you as I have been so focused on my own life. I didn't mean to expand and subtract in some areas and stretch out because it gets very tiring being stuck in one small position, so I've been releasing off steam, stretching out and growing. It's a hard analogy because you cannot understand or perceive me as the true body being that I am. It is different from what you all assume, and that is okay. Just like names, you do not fully need to understand everything about me until you need to. Your focus now is on your lifetimes and being able to heal and release anything now that is still holding you back from your true self-empowerment, from your love of self, and from your accepting of others. So there is such a wonderful time still to be had, and I'm very grateful to be able to share my message with you. I know that I would like to be able to come back again because there are more questions that I know that people will be wanting to be asking me, such as my weather and all of the beings who've ever lived on me, and there's so much that now you're going to start thinking about it quite differently. I welcome all questions and welcome you all to connect with me because I am part of you, and you are a part of me, and I say this with so much love to all.

Chapter 18 - Message From John Lennon

1st of October 2020: Message from John Lennon from the Beatles
https://youtu.be/vJg1gKusIwI

Music and the lyrics are powerful; the words have a powerful resonance and are very poignant. Be careful of what you say, shall I say to you, because you are manifesting those words with energy levels. So, you know what is needed to say the positive words to empower yourself and when you have been sitting here listening to so many messages about loving yourself, you are wondering how you can truly do that when you know you have done some things in the past that you may not always be proud of, or you are holding on to some excuses that you could not move forward from. Start saying and talking to yourself about how you are loved. You deserve love. The future is all yours when you want to seize it, and All You Need Is Love. All You Need Is Love! Love is always there for you. Ask for it, just like so many beings who have come into sessions. We are all here waiting for you, you do not feel you deserve enough of us, and you always do until you stop blocking it. You always think someone else can connect, someone else can get the messages, someone else can do everything for you, and you can just be waiting, waiting for the messages that you want, but you are waiting for other people to do it. Today, we encourage you to start asking within yourself who you want messages from and the questions you still need to understand and trust the very first thing that comes to your senses. Do not believe your ego. You always are worthy of trusting the very first thing that comes to your mind. When it is yes, you are good enough. Yes you have learned there is no such thing as good or bad, it is all learning, and it is growing, and if you are making the same mistake, you are making that same mistake again for you, and you can keep doing it for as long as you want. No one is stopping you. You have your free will. And when you want to change your tune, change your approach, and stop blocking yourself with excuses or expectations of yourself. You cannot change the past. You can only change yourself right now and letting go of all that no longer serves you is an essential thing for you to do. Remember that there is more to this world than meets the eye, and as your vibrations are all rising, you are more connected to music than you ever have before. Truly feel the music, put the sound of the music a little louder than all the other noises that are in the room. See if you can feel with your heart, the beat, do not potentially listen to the words, but you are looking for that beat. That heightened excitement of the beat, the rhythm, allowing your body to move and go with the beat. Let yourself move with the music, and

even if you think it looks like, shall I say, ugly dancing, no one cares. So feel yourself dancing and moving and doing whatever you want to do to honor the music, honor yourself, honor this environment, honor the day. Honor the day you said I am good enough to have fun and play; honor the day you say I love myself because of my amazing journey. I see my growth, and I recognize myself, and I want to empower myself by being my friend. And I know that must sound very corny and cheesy to you, but you have to do your inner work. I keep saying this to you again and again and again, and we see that there have been huge steps and advancements and you have all profoundly expanded yourself so quickly we do not need to tell you this. You already know that within yourselves. Acknowledge it, pat yourself on the back, give yourself the gold star that you need, the rewards and traits, and the acknowledgment. Even if no one in your whole world knows about your spiritual growth and awareness and awakening this what is about to happen, you know. You are always good enough. If you are telling yourself, "congratulations, man, I have grown" when you're coming leaps and bounds, "geez think about my last year, think about me at the beginning of this year, think about me a month ago." Honor your growth, you are doing so much better, you always do better than you think. Humanity wants to beat itself up for not being the best and perfect for everything, the most popular, the fastest, the richest. You do not have to be the *most* of anything. You are exactly who you want to be because you needed those lessons to be who you are. You are the best YOU the whole world has> You are amazing, you are so loved and so supported, and if you are resisting to honor and feel what we have just said, please listen to this message again and find some music and dance and start honoring yourself. It is celebration time. You have worked so hard for this moment. It is just going to get more exciting because when you see the proof, you are going to feel like there is just such excitement. After all, you know you are going home. You know you are going home, and that is something you have been yearning for for so long. It is going to be so exciting because regardless of whether you go home or if you go to New Earth or some other destination, it is always going to be a reward for all of the hard lessons you have had here. While we know you are attached to this lifetime to some degree, it has been a tremendously hard lifetime. We are so proud of you for keeping on being strong. You only got a little bit more to go when we promise this to you. You use your dream space to connect with us if you want before you go to sleep, ask us to be shown what you need to be shown, and have integrity and intention just fully surrendering to being allowed to be shown what you have desperately been wanting to see. The very first thing just as

you wake up, take note of that, it will fade very quickly. You will be shown what you deserve to be shown because you will be asking, you have been doing the bigger work, and you want the truth, so trust yourself. You are allowed to be shown it. It may take some time because other things are getting in your way right now. After all, you still have to do a little bit of inner growth work. The last little bits of shadow work that has been stuck there for a little bit and that is completely normal and fine. You are still allowed to be human on this three-dimensional planet because you are still a human on this three-dimensional planet. Stop beating yourselves up. Again, we will say this, be kind to yourself and be kind to each other. You can do anything when you start truly empowering yourself with love and trust, and we love you so much.

Chapter 19 - Mindsets at Different Dimension Levels: 3D -> 4D ->5D
15th of October 2020: Higher-dimensional collective consciousness
https://youtu.be/SyMsSXBeXas

These are concepts of understanding the mindsets at different dimension levels. You know your planet is in the three-dimensional reality. Therefore, you started with your third-dimensional mindsets. You had the veil, so you forgot your bigger being, your bigger mindsets and who you truly are while you come down for this human experience. Therefore, you acclimatize your energy down to the third dimension as you have this human experience. As you grow in your spirituality and in your mindsets and you expand, and you understand the greater concepts and see the bigger truths, then you start moving from the 3D into the fourth. As you leave the 3D, you will be trusting that you have got more protection, you are not so vulnerable, you are not so victimized, and understand that your conscious mind, your mindset, has a bigger part to play in the realities you see. For example, the people in the third dimension will feel afraid of others, and they will feel like they are vulnerable because bad things happen to them. They have a belief system that they are not good enough, or people are getting them, they are out to get them, are afraid of their own shadows, shall we say, and are very fearful, which is not helping them at this stage. They will believe what professionals have told them. They will trust the media. They will not have any true connection to their inner wisdom. They are really disconnected from their higher selves as they navigate through in the lower vibrations of 3D. They have the more mindset emotions of jealousy, anger, revenge, fear, comparisons, judgment, all of the lower emotions that don't quite help the mindset see the bigger picture in life. When they ease up, when they start noticing that there is no one out to get them, they now can see and trust that there is something more. They are curious to find out more and they start hearing rumors about certain things that have been happening, and so they want to seek information and truth. Their intuition will start gaining a little more, and they open up, and they start to feel like they resonate with certain frequencies of people that seem to have bigger healthier positive attitudes in life. They seem to have bigger information that leads the third-dimensional mindset up and out in a way, away into the fourth-dimension mindset. So that will look more like people wanting to find the truth and not blaming others, and they are trying to get to the facts and the purposes behind things. They still don't quite understand why there are tragedies. They still might blame others, for instance, god or some other being, for example,

for a child having cancer, without understanding the purpose of the child having the cancer, which will be a life contract that the child wanted to experience potentially with the parents to explore and learn those hardships that will happen with a child being sick. While some people think it is unfair and unjust in a cruel world that everyone is a victim to, when you see it from a bigger perspective, when you see it from the fifth-dimensional perspective, you can see and trust that this is a being who has wanted that experience; they have asked for that. That is purposeful regardless of whether the child recovers and continues to grow, or this is an exit point for them. This is precisely what that soul wanted to have for that human experience. We understand that when you are such emotional beings who want to have compassion for each other, you get stuck when you have that fourth-dimensional mindset and the third-dimensional mindset. You cannot see the bigger picture and purpose of things. So, you are feeling the heartbreaks of the worry and the causes, and you want to protest. You want to shake people awake and say this is injustice, this is unfair, this is not right, this is not how it should be, and the fourth-dimensional mindsets want to stand up to the injustices. They want to bring attention to the things that are not right, and as you all know, as you all should know, there is a LOT that is happening to humanity and to this planet that is simply not right. While there are learning lessons here for the things that are not right, people need to be aware of them without being triggered into fear and emotion, blaming, and wanting to see justice and a whole lot of emotions that will bring down a person's vibration. The fifth-dimension mindset is seeing and observing, not being triggered by emotions because you trust and understand the bigger purpose of each situation. And even if you do not understand and know the bigger purpose of each situation, knowing that there is growth there, the purpose is precisely what the beings are wanting, experiencing those experiences.

Therefore, you can observe, for example, and know about the people that have been held in captivity and harvested for other beings to feed off. There is a lot of that horrible situation going on that does not look good to any normal person who has common sense or morals. So, we are using this example because this is the same example that we feel you are all potentially struggling with, so I would like to say and remind you that all the children and the beings who have had that experience, they have their spiritual teams; they have their guides, their life purpose, their life contracts. It is all going to be what they have wanted.

While you cannot understand why anyone wants to experience that, those greater beings want to have those potentially new experiences. Many people struggle to understand the purpose of those experiences. Like how they come to choose how to die in each of their lifetimes. Once you have learned and experienced from one way, you want to explore different experiences. They have to change up the situations. That always is what the biggest souls want because that is where you get the new growth. If you are stagnant, if you are trying to keep it safe, you will not grow. Therefore, you are going to be stuck. This is what we would like to bring attention to about the fourth-dimensional lightworkers who are stuck emotionally because they cannot see the bigger purpose of all these tragedies. They are aware of the darkness that is being played out here to awaken humanity, so they still want to feel vulnerable to their fear-based concerns that the dark agenda is still in control and has won. That is a victim mode disempowered spiritual approach that they cannot understand and trust that the bigger picture is that the light has won. The darkness has been receding. The darkness is no longer a threat to humanity overall, things have changed, and yet people are still trying to promote fear. We have been trying to tell people the truth. They are in fear because they are addicted to the drama of it. After all, they have not dealt with their own victimized issues, and they have not come across and dealt with their pasts, and so we are not just talking about this lifetime. We are talking about all the other lifetimes you have ever lived, that you are potentially holding on to drama, pain, and trauma. When you have not healed those wounds and scars, with emotional baggage, you cannot fully release yourself and move forward into the fifth dimension when you are still wanting and needing to heal from that. As this is a journey and a path, some people will not want to move to the fifth-dimension mindset until the shift because it just feels too hard to go through and unpack and release all that is holding them back. Others feel like they have connected to their spiritual team, who feel like they are big beings who are more important than others. No one is bigger or better than each other. You are all on the same playing field; however, some people feel because they know they have got connections to other collectives, to other beings, they want to use and show off that kind of connection and brag about who they are. That is not the mindset of a fifth-dimensional being; that is someone who has got an ego in a very negative way. You need to see each other as versions of self and support that so when you are bragging, when you are dropping your CV, your qualifications, your titles, how much money you have in the bank, those things, as you all know, are very limited mindsets of who you truly are. You want to start being the bigger,

greater being who remembers who you are, who takes on the purpose of this lifetime, getting ready for the big shift, or are you wanting to keep it safe, routine, and comfortable? You all have free will, and you all get to choose how you play out the next few months you have left in this 3D physical world. You could potentially want to keep it safe staying in the 4D, and that is fine. You could push and heal yourself, be honest to yourself, and move forward. We understand you are all exhausted and weary. You are exhausted emotionally and physically because of all of the things that have happened to you in the past. Take time now to relax and feel the stillness within. You are not at war anymore. If you have blocks, you potentially are just merely at war with yourself. Focus on your minds. See if there is any negative talk about yourself. See if there is any negative talk about others. You should be at one with all and understand everyone is at different levels. Still, it would help if you were more grounded with who you are and not distract yourself with fear, worry, doubt, or big ego. You all know this, you have been distracting yourself, some of you, by trying to teach others what you know. You are spiritually coasting because you do not want to work on yourselves. You do not want to know the bigger information because it seems too hard and because you still need proof. You cannot trust yourselves as much as you think you should be able to do, so there are blocks. It is all fine. It is all a journey and stepping stones. Many of you will not be ready for the shift when it happens, and that will be fine too. Just remember, when it does, release fear and worry and relax into it. Resistance will be a challenging experience for you. You cannot stop what is going to come. We know this may scare you but remember you will remember yourselves after the shift, remember your bigger beings, remember all your soul family, all the other lifetimes you have ever lived. You will see your life's purpose on earth. You will see your life purpose of all. You will have such a bigger, bigger, bigger mindset. You get to choose, or you go to New Earth at the fifth-dimension level and experience the human experience with your light bodies and have a marvelous time there learning and growing and being fundamentally foundation members of the New Earth. You are going to be making stepping stones and paving the way for how humanity will be shaped in the New Earth. It is a marvelous opportunity for you all, so you will see and recall who you are, and you will see and tap into the opportunities you have on the New Earth. Then you also get the choice to go home. You will remember what home is and who you are. Potentially a lot of you have already mastered the fifth dimension. You have already learned the skill sets from it and other planets, other existences and other times, so it may not be something that you need to go and

explore that experience, as maybe you have already done that. For many, your experience here on earth was almost a surprise how long it took and how far you got off track.

Many of you hope you can go to New Earth when you recall the bigger beings you are, and you will see and feel your soul family waiting for you, or you will choose to go back home to recuperate and to rest. If you have decided not to go home or to New Earth, you have other options at the places you can go to recover from and to learn from. If this is the end of your lives, for you to finish this chapter to go back to Source, you already pre-organized that in your life contracts; however, you have grown, you have learned, you have developed with your mindsets. So, when it comes to that time to see if this is your exit point, you will meet with your councils and discuss still wanting to do what you plan to do as you so bravely and so boldly had written your life contracts for this experience. You still have free will, you are not alone, you have wise counsel who will help, you will never be pushed. Nothing has ever happened to you that has been against your will. It may have been perceived like that but it is growth and when you go to the other side and, for example, a bully, a rapist someone who has affected you so profoundly you do not think you are ever going to forgive them or move on and heal, when you meet them and when you reconnect with them, when you remember your full self and all that you had written that you wanted to experience in your life contract, then you will recall you organized this and you wanted this experience and this was a loving being playing that role of the rapist, the bully, the narcissist, whatever you were needing to experience, that is not evil, it is not a demon that has done that to you. That is another being that has said “I will help you experience this, I will be the darker player here to help you” and it is all pre-contracted and so when you see things from this point of view, it does not affect you as much because you realize that you actually wanted these experiences for yourself and you can release the trauma from that. You have learned those lessons and emotions. While we understand they are not the nicest ones to experience, they are still lessons, and they still have importance for your growth, so we want to share some positive experiences that you will have when you have your light bodies.

You will feel natural love for all. You will feel tremendous. You will look back at the times when you were in your 3D bodies and think, boy, wow, that was so hard! It was so hard being so disconnected from the feeling of Source, from the sheer

heaviness of the low vibrational beings. And then because we felt so low, we tried to feed ourselves with love. That is what you mostly do; you use food as love, so you are feeding yourself the comfort foods which have mostly been poisoned with added crap into it to not feed your souls but to make you feel even heavier and lower. You all know this. You still do this, which is okay; it is all okay, no one here has done anything that deserves to be punished. You are all good, great beings, you still cannot remember all, and that is okay, but you will. We are sending you these messages to keep reminding you that you are not alone, that you are very much loved, you are very much missed by your soul families who are waiting for you. The New Earth is waiting for you with all that she has to offer. We still have so much to tell you about the great things that will be happening, and we hope that this message today will inspire you to do what is right for you and give you the courage and the excitement for your future. We say this with much love.

Chapter 20 - Cortney and her Dad's Service to Humanity; Dolores and Cortney
21st April, 2021. Session with Cortney
https://youtu.be/D75wObSfNJA

J. Yes, we are here, we are here, there are many here supporting this conversation today with this profound connection because it needs to be done. The connection needs to be done for many reasons and not just for the people involved in this conversation and connection today, but to give people concepts and content for their own personal experiences for them to ponder and consider their own approaches of how they would have to deal with talking to their loved ones, who are going to stay on the Old Earth. This is significant for you to be able to all practice this, to be able to have these conversations with your loved ones and even maybe people you are disconnected from. Would you be able to show them compassion? Would you be able to understand and respect that the life contract has got significance and great value? We ask all who are listening to this session to commence that you have an open heart and hope, and an open mind and to consider if you were in the same position, in the same predicament as the daughter and as the father. We will continue to support and send profound love and healing to all who will be affected by this content.

C. Yes, I would like to call in my Dad please in his conscious state of awareness where he has a manual that has been left behind for Old Earth and after reading the manual a couple of times, what is it that you sense, what is it that you gather from reading it?

R. That I was proud of you while you were alive, and now I am beyond proud, so I am so proud, I honor you. I feel so humbled to be your father. I just have so much profound gratitude towards you and all that you did, and I thought you were amazing, and everything I knew about you was excellent, and now I see how profoundly impressive you were, and I thank you, I thank you, I thank you.

C. Oh gosh, thank you, how many times at this point have you read the manual?

R. I have read it three and a half times, but at every part where it mentions you, I read it over and over again. It is just, oh my gosh, it is just so profound. It is so profound to read and know that you have done this in the past and talking about my

future, which I was utterly oblivious to. It is such a convoluted experience to know that you knew about this when I had no clue and for you to process all these emotions and still do all that you did and still balance the kids and your life. I cannot even comprehend what it would be like for you to have known this, and I understand it would have just been so profoundly challenging not to tell everyone this. This is so epic, and I feel like I would have respected you and been open-minded when you told me this, but it just does not sink in, and you just cannot be prepared. You cannot get it and grasp the whole concept of what is happening until you are here and you have seen it all. It still feels very surreal being here. It is a mind bend, and I know that I have sensed and I have wanted to talk to you because I keep hearing and reading that we would have these connections. I lack words because there is so much content here. I keep processing myself and my situation, and then I keep thinking about you and how it was to even know about this and still keep a balance and still have to not go into despair. It is amazing. It is a lot to process, but now I know that we are having this conversation. I feel like I have got so many things to tell you and to say, and yet I am still trying to unpack and understand. I feel bad that I could not support you when you were going through all this, knowing and understanding these concepts and understanding what was about to happen for humanity. Because even though I was sensing that there was some real disconnect and that things were not getting back to normal, it was quite the opposite that something is still dooming. There was some form of anticipation for something, and I am not sensing that it was positive. I felt like there would be more control and more lack of freedom, and I guess to some degree, I was right. We do not have the freedoms we once did because our lives are so broken down and basic now. I can see and understand what has happened while still trying to balance my emotions and support others. But I have read the book, and I know where you are, and it makes me feel very happy to know that you are okay because that was the hardest, and I am still coming to terms with it, but I have to believe that you gave me this book and you knew this information and I have to believe. I have faith. I have hope, I trust that everything is okay, and that I am here for a purpose just like you are there for a purpose. I accept it, I accept it.

C. Do you recall us having any conversation about all of this the last time I saw you?

R. It was something big on your mind, your heart was so heavy, and I was worried because I did not know what was wrong. I knew and sensed that there was

something that you were not sharing with me, and I was wondering if it was some marital issues or some personal issues. I could never have guessed this, and you held me so tight, and the tears in your eyes when we said goodbye, I just thought you just were not ready to talk because I just assumed it was emotion of something else. I could sense it was something on your mind eating away, and I just was so glad to see you. But I was surprised that you did not want to open up to me because I thought it was something else, and now I can understand "when does one have a conversation?" I would never have let you go. I do not think I would have ever let you go if I had known that it was going to be the last time I was going to see you. So, I understand now, I understand, but it took me some time. I did not understand why you would not tell me straight away, but then I realized how could you have that conversation with anyone? It is so huge, and I understand that there were all these emotions you would have thought about. It is impossible to share this information before the shift without dealing with all reactions and emotions. I would have been in denial. I would have panicked. It would have been stressful. It would have been too overwhelming. I would not have been able to process the purpose and the experience and the lessons and their significance until I experienced the events. It has to sort of unfold this way, for me at least. But I can only say that from my experiences of unpacking and processing all of it. It is so huge, it is. There is nothing that can prepare someone for it. I know the impact of knowing this before it happened would have been so heavy on your heart and on your mind. I know I feel more concerned for you than I feel sorry and concerned for myself. I can see and imagine you wanting to tell everyone but then also having the backlash and the people who say negative things, who do not want to believe it. No one wants to believe this, no one would want to believe this, and I understand how your work works, and I understand how these sessions work. And I get it now. It would have been so challenging to not have screamed this out to the world, but it is something you have to experience to understand this is legit. This is a situation that is happening and has happened. You can read about it. You can see all the movies that give you suggestions about the end of the world and all the catastrophes that could potentially happen. You feel like your life is preparing you for this event in one way or another when you are sitting there pondering the experience that has just been had but nothing can prepare you for it. I want you to know that I am grateful for all you have done because I know you are not just helping me, but you are helping everyone I know. I am proud of you for that. I am honoring this, and I

am sharing this, and I am not holding back, and I am doing every lesson, and I am applying everything.

C. I know you are, Dad. Well, just know that I am okay. I am absolutely okay but it was hard feeling that could be the last time that I would see you and feeling the heaviness of what I know was to be left behind but also understand the lightness of what is to come. I just wanted to protect you, and I did not want to see you in pain and grieving. I feel like it would have been too much and too heavy on your mind to know anything like this beforehand.

R. To know that you have gone to the New Earth and that you and the kids are good, it freed me because I would never want you to be here, and I am so glad that you are there. I am so glad that it is me here doing what I need to do here to help here. I would never want you to be here to experience this. As soon as I realized that you did not die as such and that you are merely experiencing this amazing New Earth experience, I am so happy. I am not jealous. I am not upset that I am missing out at all. I am fully so happy for you. I know that I have got something else happening. I trust that this is not going to be my last life. I trust now that I got this spiritual team that is here for me and helping me. I can feel it; I can feel the energy, I call them in. I ask them for signs. I am watching. I am applying this, but I am so grateful that you are not here even though all I wanted was for you to be here when it started happening, and now I am just so beyond thankful that you are not here.

C. Can you tell me what did happen before everything changed or what life is like now?

R. When you left, everything got denser, the energy started shifting, felt like just this big storm that was brewing, brewing, and brewing, and it just felt like it was something extraordinary that had not been felt before. It was so noticeable. Suddenly the shift of the temperature changed. It was so chilly, this eerie feeling of something gigantic about to take place. The storm hit, but it was not just rain. It was all this other stuff as well, not just water. It was full-on wind and there was this matter in the air. It was strange. The winds were so aggressive and angry and not just in one direction, it was all directions. The sound of the storm was so intense and so angry, aggravating within. We did get some power cuts, and things were not working well. I just had spent almost some days snuggled up on the couch, having

some reflective time thinking, gosh, this is going on for longer than we were expecting. It took its time to move forward, and we noticed lots of broken trees, and everything was just getting hammered. It was weird because we were not getting much information about weather systems. We did find that we had a radio with batteries that we had in an emergency kit, but it was a very small handheld one, and it did not have a very big range so we were listening to whatever we could, but this was later down the track. But as we were waiting for this storm to sort of settle, it took about three or four days for us to start thinking and wanting to see what is happening because this is relentless. This was not giving up, and just kind of as it did start giving up, there was a lot of "we are not able to connect." The longer the power was out, Cindy wanted to go to work and see how everything was going, but it was like, oh, how can you even go to work with this weather? How will it be safe with the roads, and the journey would take so long because branches have been blowing around everywhere. They have not been too bad but it was enough to realize that these are not drivable safe winds. There was just such density to it. It just felt like, almost, this is going to sound silly, but this is almost like we were making jokes about Dorothy and going to the yellow brick road. It wasn't cyclical winds, it was jarring, inconsistent, like a big storm. But it was not a storm we have ever experienced. It was the density of that chill in the air, but something else. Was like an electrical something else, which made almost like the hair on our bodies stand up. It was really like eyes wide open, and our senses of our bodies were on alert, you know, we slowed down our body, and we felt like we were in a time pause. It was very strange. We had no real sense of some time, and even though we knew that we were there for many days and the storm was not giving up, we could not go outside. We were housebound, so we tried to make the most of it, but the sense of something big happening, we just could not put our finger on it. We just tried to snuggle up and make the most of it and try and distract ourselves from paying attention because it was sort of going on and on and on. Cindy did go to work. We both went back to the house, and she went to work to see what was going on because she was feeling anxious about figuring out what was going on. She wanted to know what was happening, and she knew she would have more connections to understanding what was going on and why at her work. It was not until she came home that she told me what was happening and how many people had gone. Many people had suddenly just died and left, and now I can understand what had happened, but it was bizarre. She came home and it was like someone that we knew had died. It was that intensity but what she was going to tell me I could not even

believe. I could not make out what she was saying to me because she was saying that it was not just one person. I said "who died? what happened? what is this?" She was shaking. She was so pale, and she did not even know how she drove home. She cannot even remember driving home, and she just had to share with me what she could try and figure out. She realized that she could not be at work. She needed to come and tell me what had happened, and then I could not believe it. She wanted to make sure that I was okay that we both went back to her work where there was power, and we could talk to other people. The information that we were getting was very confusing. We were getting information that lots of people had suddenly just died. They were indoors, they were in conversations, they were doing things, and they just died. It was confusing because it is not like the storm got them, but yet so many people in the hospital died. It was very weird, very surreal, and so confusing. That is when I realized that I needed to contact everyone that I knew, and we tried at the hospital to get phones working because there were emergency systems in place, but they were old-school. It was not like a trucker's device, those radios you get like a CB radio, but no one knew how to use it or how to reach anyone that was there, and I certainly could not reach you. We kept trying to use our phones, and they were not really working as well. It was the strangest things. It was so disconnecting because we could not get ahold of anyone. We had to go and see people physically, and there was no illness. There were no people with illnesses or accidents. It was just the living, and just the dead. The living were so confused about what has just happened here. What is this movie we are in? Wake me up from this ridiculous dream, this is not funny anymore. It is not comprehensible what just happened because we are all suddenly terrified of the potential of this being a new virus because we were told at the beginning that this virus could make people drop down dead. We were wondering if there is something new. There were no physical symptoms, the people who were talking to someone one minute and then they suddenly collapse in front of them. There was nothing, there were no rashes, there were no illnesses, nothing. It was they were here one minute and gone the next. We could not understand. It does not make sense. Reading your book makes a hell of a lot of sense, but it is strange to know that *you guys* knew what was going to happen when *we* were completely clueless. When we had to experience it, we were still very clueless. So it was supporting each other, we all tried to think "how, what, why?" We wanted to see who else was there. We realized we could not get ahold of everyone so we just rallied all the people that we could get. Of course, some people were in the hospital for some illnesses, which was the case before the event. But it

is strange to know that we were all still here. We did not know why and we did not know any of this. It still is interesting to understand it from what we experienced to then applying what has been written and what I have read and what I have been able to understand. It all makes sense now as I have applied the information. But it is very surreal to read about myself in this book. It is very surreal to read about my daughter, who I am so proud of knowing what she knows and what she had to go through to get this book to me. Because this book is very important to me. It has helped me understand it ALL because there was no other way for us to know what really had happened. We would have been completely lost. We would not have had a clue. We would have been the most confused, and I think that is the hardest part for us to experience was the confusion of not knowing why. That can drive you mad when you cannot understand why something so profound like this has happened. It is madness when you cannot figure it out. As soon as I started reading the book I could not put it down, I had to finish it. I wanted to read it. I knew even when I was reading it, I would start reading it straight away again. But I realized that it was still a lot for me to process, so I had to go back into it and have moments to apply it. It is easy to apply and trust the information when we have just experienced all of this loss. It has been very true. When I have read my accounts, it is very true. It is a mind bend, but it gives me great comfort to know that the people I love are in the most appropriate places. I see that I have the key and can help people understand it even though the book seems normal from what we have just experienced. It gives us a good guide. We have gone in circles so often about why this happened. As soon as you read the book, you understand exactly. Okay, this is it, this is going to help us, this is the tool, this is the answers, and this gives us great peace of mind. Even though it is challenging, it gives us that reassurance of the afterlife, the reincarnation, the new destination. We all really got hope that we can raise our vibrations enough to be able to see things from the bigger picture to be then able to shift to the New Earth because we want to be with our loved ones, we want to be with the ones who have left. It gives us incredible guidance and hope to be able to do that, so we are taking this very seriously, and we are doing everything we can and talking about it together. It is so surreal to be around each other and say, you know, if we talked about this a few months ago, this would have sounded like we needed to be in a loony bin. The reality is you can go crazy at what you term the Old Earth. It would be easy to go crazy and lose your mind here and feel so overwhelmed with all the emotions but when you can talk about this with others, we are so empowered. The people we connect with and support, we realize how

horrible and challenging that confusion is, so we want to empower ourselves to understand it the most we can, and this is what the book gives us.

C. Well, that is good to know, so what is the most helpful piece about it, and how does Cindy accept it and integrate it? Do you share it with others? Do you make copies? What are you doing with the information besides applying it to yourself?

R. I let one copy be made from mine and then I do not let it go. Cindy wants to stay and do more work with the people at her hospital, hoping that people come to the hospital, waiting for people to reach out to them. I had to read the book to get it and to know that we were in it for her to realize then that there was validity there. She could not wrap her mind about what had happened. She could not understand it, which frustrated her because she likes to know everything that is happening for bodies and for people. It is like her ego had to realize she did not know everything, so this took her out of her comfort zone of being in control. And so she had to trust what I was saying, I was summarizing it. She realized that the more people who could understand this and get over judgment and thoughts of what spirituality is and realize there was a validity there. When you are trained to be a doctor, you are trained to believe that you are all-knowing and all-wise of the human body and that everything is very practical. Then suddenly, you have to have a bigger perspective now, trust and have faith in the invisible. It is very challenging until you are in a situation where most of the population suddenly dies. So, she is on board with it because she had to witness it. She realizes that when you are so profoundly in shock, you need the antidote or the cure, and there is no medicine for that apart from the truth and the truth is in the book. She trusted the people who needed to get on board with the antidote, with the information, to be able to apply it so they can share the information. The book was copied many times from those copies. The comfort for me, the information for me -it was life, it was breath, it was everything. It is not just words, and no, those are not just words you see in this paper, it is our survival, it is everything, our mindsets.

C. Yeah, I feel like it is a living breathing manual book. It is working through so many different times and places, and it is ultimately there to help all of you.

R. Yes. We all keep wondering what we would do if we would have known and what we could have done differently, but we realized that you could not prepare for this

because our minds would have gone in every other direction. It is very challenging. We understand that some people knew about this and have found themselves on the Old Earth, and we could imagine that would be very challenging as well, knowing that they had the opportunity to shift and raise their vibration. It is mind bending. It is so fascinating, it keeps us so distracted from worrying about our predicament to having this other sense of information. Of course, many people do not want to read the book. They want to be in fear and just stress, and they are energetically hard to be around, so we are kind of giving everyone lots of space as well to be able to do what they can, so they need to process it. We all want a lot of our own alone time to reflect and go within and quiet our minds. We all like to sleep a lot because that gives us that solitude and solace. It is important for us to have our private time as well as we all want to be together because we are afraid that it could happen again in some way, and we do not quite know how things are going to unravel for us. We want to be close, but we do not want to be in each other's pockets because when we do have those emotional outpours, it is like all our inner work keeps coming out in waves and so we have to remember how to apply it, the emotions of it, and how to unpack it. It is a lot of inner work from childhood trauma that comes out. It is the weirdest thing, we should be focusing on how to rebuild, but we do not need to rebuild because there are still structures here, so it is about how do we move forward, how do you plan to keep going when we know that this planet is no longer with a soul, that she has reincarnated, and we feel so insignificant. It has put our perspective of "the world is for us" versus "oh, we are merely visitors here." It is a definite shift in perspective of who we are and what the planet is. The greatest comfort was confirming that there is reincarnation and life beyond what we are experiencing and that we now know is the 3rd dimension of this planet. Those concepts are essential for us to understand.

C. So, moving forward and after this whole event has taken place, and it has been some time and the manual has gotten out, what's the most significant impact from it?

R. It is about the inner work that needs to be done to be able to master the three-dimensional reality. It is so concentrated, so challenging to be forced with all of this, you cannot be distracted with anything else, you must do that work. You must be able to move above it and have a bigger perspective of it. Those who get stuck, they get profoundly stuck, but there is so much to push them to overcome

and to conquer and to start relying on others. When you read the book, it is an awakening, and then you are not distracted with anything else. Food is abundant for us. The survival, it's like camping but in your own home, in terms of how you deal with it. We are not hungry, there is so much anxiety and so much tension just in living that we are not comfort-eating at all. It makes you nauseous eating because you are already tuned up emotionally inside. You have no appetite. You know you have to feed and fuel the body continually, but we want to feed and fuel our minds first. That is our appetite. We realized from reading the book that we do not have forever here, we do not get to retire here as such. We get to work quickly on our inner work and hope that we can make the next shift to go to the New Earth. This is what we are wanting to believe. Our hope is if everyone can shift, we can still too. This is the work we need to do, and this is intensive for us to do all of that. There is nothing to distract us apart from doing this work, and I am very motivational, I am very motivated, and I would like to come. I would like to go to New Earth.

C. May I call in your subconscious, please?

R. I am here, and his higher self is here as well to support you with your questions.

C. Okay, is there a point where you consciously feel like I am connecting with you, where you feel like you can tap into my energy or conversation? Do you get any kind of signs or feelings when you read something or do something and just feel like I am there with you or having a conversation with you?

R. He feels your energy when he is reading the book, so he wants to honor that and honor you with that. When he sleeps, he actually has connections to all of his spiritual team and his families, so this is why they like to sleep more and as long as possible to be able to have those high connections. It's when they are awake and walking around and consciously aware of their 3D existence, that is when they have the heaviest and densest experiences. That is where all the lessons are played out and experienced. It is overwhelming so much that they do want to keep going back to sleep and putting themselves out of that discomfort. When he is in sleep mode and not so much in the body, you connect with him often because you are in many places at once energetically, and you know that he is going to be fine even though your emotions sometimes worry about him more than you need to be. You can trust his higher self, and me, his subconscious, are there right with him guiding him to

this. The way he responds to being on the Old Earth, is not just important for his personal growth and evolution but for the people that are around him as well. He will be a leader. He will respect this work instantly because he respects you profoundly. He will not be thinking, "Ugh, I do not know if I am going to be bothered to read this" he does read it again and again because he can feel your integrity and information. It is overwhelming for him to know that you have had these conversations with him but he cannot recall them. It is not you popping into his consciousness and having a chit-chat, unfortunately for him. But it is happening while he is unconsciously aware of the connections. We are allowing him to know right now, as he is reading this, we are giving him full-body tingles for him to know that this is us connecting in with him. The very first time he reads this, it will shock him to realize that this is an energetic connection and communication that we have with all of you. This is how your spiritual team taps you on the shoulder. It will not be tapping on the shoulder. It will be an electric buzz sensation somewhere on the body to get your attention. It may be a place where you think, “why are you connecting with me here?” And we say we are not location specific, it does not matter to us. When we buzz you, when we tap you on the shoulder, when we clasp your hand, when we energize your foot, this is us. People expect us to come and appear in front of your eyes, introduce ourselves to you, and request your Facebook friendship. We want to lighten this conversation because this content is very heavy. We know that many people are going to be in a form of traumatization themselves as they are worried about the people they love could be separated from and experiencing these harder lessons on the Old Earth. We want to reassure everyone that everyone will get the most appropriate place for them and their lessons and their learning. Earth is very, extremely hard. You are all doing the best you can cope with while being pushed and pulled and manipulated. It is very challenging, but you all have signed up for this, and you all want to graduate. Some can graduate before the others. It is not a race, it is an individual journey. We are forcing and shaking the people who need to get a wriggle on because there is not that much time. We know you have heard this from us before that it is soon. And we say when it does happen, it will be the most appropriate time for humanity. You can have trust and faith that we will not muck this up. We are professionals in this field of supporting you, and we will not drop the ball in this case either. We love you and support you and would never traumatize you more than you need to experience. While you are in the midst of feeling traumatized, you may feel like this is a harder lesson than what you signed up for, so it is about knowing you can release and control your emotions and put

them into place. You get so burnt out with being exhausted and traumatized that you are forced to actually find your neutral, this is an extreme lesson. We are not going to pretend it is not. It is profoundly significant for future events that this goes accordingly well, and that everyone gets to experience the most appropriate that they must experience.

C. Yes, yes, so true, and I am glad to know, and you know it is just confirmation that it is an accelerated task where people are still doing their inner work, have that drive and initiative, too, to get it done because they have a whole other sense of purpose.

R. When you realize that most of the planet was removed to be taken to what we would term heaven but not in heaven afterlife status, as in amazing, wonderment, a fantastic paradise of a planet which is the icing on the cake of human existence of life, it is amazing. When people on the Old Earth realize there are bigger powers at play that are waiting for us to do our inner work, you become extremely motivated. You do not get distracted by trying to rebuild society. We have a smaller society. We have bigger responsibilities with ourselves, so we realized that however long we are here, we could draw it out longer if we do not do this inner work. You become so motivated to apply it to support each other to be able to apply the lessons and the experiences, sharing each other's feelings and being responsible for all of that. You become responsible for yourself more than we have ever taken responsibility before. We are holding each other accountable for that while still being caring and supportive. But we have all gone through this trauma together, so it is like forcing us to get over it faster. When you survive something together, no one is a victim because we are all in the same boat. So, we can support and encourage each other. It is incredibly powerful. We see growth where we would never assume it would. We cannot believe ourselves and how much we are empowering ourselves. As soon as you start realizing that you are in control of the emotions and the way you react, that is an incredibly powerful tool.

C. What do you do with your time? Are you still getting together with others? How are you working through your triggers, or how are you working through that inner work?

R. Well, when everything feels like it has been taken away and the reality of the bigger picture and perspective of things, all the small nonsense that held us back previously, which felt big before this shift, before the events, they seem quite pathetic now because it is just such small details of nonsense. We fondly think of our harder experiences that we thought were harder before the event because they were not as bad at all, so all of the inner work can be done from our childhood because we had the normal lives. It puts everything into a different perspective thinking "for children that are alive now on the Old Earth, what will they be experiencing?" We experienced normal life stuff that had its ups and downs, and we can now put it all into place rather than still feeling hard done by more minor things. It suddenly just gets serious, and all of the smaller stuff that we used to distract ourselves with, that completely turns instantly meaningless. So, when you do not have that emotion to the drama of it, you can just unpack that and release that immediately. As soon as you realize that most of the people that you love and know are no longer alive, you start getting quite serious with perspective and any of the nonsense you are holding yourself back or blaming yourself with or blaming others with, it is like you almost get a clean slate, you become a new you. I feel like I became a new me as soon as I realized I was on the Old Earth. It is very liberating in some ways because you instantly can step out of the old you and become the new you knowing that you survived this. There is a very important reason why you have survived this. You suddenly value things, you feel very lucky to be here as strange as it may sound and it would be surprising to you. Because before you know about the shift and where you have gone, Cortney, you feel lucky to be alive, even though it does become the survivor's guilt because we do not feel perfect, and so "have they been forsaken? Or are we the ones that have been forspoken?" Again, it is about questioning and trying to understand everything. So, what we do for the majority of the time is having these conversations to see if there is anything that is still hurting people or cannot release it. A common thing we feel is that once you have survived something so big and we have each other, you do not feel alone because it is like we are allowed to have feelings now or we are allowed to cry. We are allowed to say this is so overwhelming, and we get it, and it is like we are now tapped into emotions because we are so overwhelmed that we are allowed to. We are supported with that, and one day it may be me crying and feeling overwhelmed or the next minute or the next hour and then someone else can take a turn. We all support each other because we realize there are waves of emotion. We are not all bawling our eyes out in the same room together, we have tears, but it is not hysterical. We

are coping, and we are moving forward. We hear each other more than we have ever heard people before in our entire lives. We are honoring our feelings. We are releasing our feelings knowing that this life is a page in a book of a volume of lives we are going to experience. We want to make ourselves proud of how we approach this situation. We understand this will be the toughest situation that any of our lives will have to experience. We want to make ourselves proud. We want to make our soul families proud. We want to honor the situation because we understand the responsibilities of supporting each other for many reasons. We understand the significance.

C. Okay that makes a lot of sense. It is almost a clean slate and triggering at the same time, to drop all of the nonsense and the trivial things. It puts a lot of things in perspective.

R. We do things we have never really done as much before which is we share happy stories and we share lives. It is nice to hear someone feel that joy and happiness because you cannot take away people's memories, and so we are sharing what we can. When we share positivity, we uplift each other. We like those feelings. We suddenly become very sensitive to the higher vibrational feelings and to the lower feelings. When you are so stuck in the lower feelings because of the density, we yearn to talk about the higher fun things and the positives. When we are sleeping, we are disconnected from the density; when we are hearing and talking about positive things, we like that too because it distances ourselves away from the density, so we will make up stories to recall funny jokes, we will try to entertain ourselves with humor. We have found some awful "Old Earth humor," and we are going to stick with it because we want all the tools we can have to be able to lift our moods to help us. I want to say that we are doing good. We have hope, and we will do the best we can. We will have as much of the experiences that we can, while exploring this because we understand a lot, we have grown. This is a **different older version of your father** but not old as an age, but the days they spend on the Old Earth are profound. It is like weeks of therapy in an afternoon, and so his perspective grows, and he becomes so accepting and releasing so much, so the later part of this conversation has been him in this more balanced perspective while being here.

C. Wonderful, that makes me happy. Is there anything concerning the manual that you want us to know that would have been helpful to have in it? Is it full of everything and more? What was the most beneficial, is there anything you can tell us about the manual itself?

R. It explains as much as it can, and there are more questions. Many of us want to understand the method, the technique and the process. Them knowing more about Dolores Cannon's work and the books that we provided for humanity then through Dolores would also be very helpful for people to understand. Any of the books have profound healing. These are significant because she has already done the back-breaking groundwork in this field. It is already written out, and so anyone that wants to supplement this book would merely just need to add a Dolores Cannon book, or the whole collection would be fantastic. But ultimately they do not have that long to focus on the Old Earth. They will shift before too long. They have enough time to really do that profound inner work and find balance before they shift, which must seem so mean to pull you out of those lives just as you master everything. But there is no need to continue on in that density. When you have mastered everything, you graduate. You do not just keep learning the same stuff. You cannot just keep learning the same stuff. You graduate, you change, and that is purposeful.

C. Wow, so, Subconscious, does my Dad go to a new earth, or does he go somewhere else?

R. He does feel that he wants to go to New Earth because he wants to have hope. We want to give him this hope because he is reading this book, and we want to give him hope. And we say to him that you are responsible for your inner work, and the more you raise your vibration, the more we will support you.

C. Are there any other messages that you have for my Dad or Cortney or anyone in general, for humanity?

R. This is a life contract that you had together that you would agree to be doing this for humanity. Well, this is a conversation between a father and a daughter through an incredible, extraordinary time for this planet. You both agreed to share this connection in this love relationship of mutual respect to be able to show humanity

how with compassion, maturity, trust and faith in the metaphysical purposes of what is happening here, you can with balance, work through this and navigate through this. The experience that people will be thinking about when they are listening to these conversations is how this would affect them, how they would behave, what they would say, what they would feel, and this would be appropriate for all to start questioning this. Many people's life contracts have changed as they need to then help assist the people on the Old Earth. Nothing is set in stone, everything changes. We want to thank Rick and Cortney for this beautiful gift for humanity to hear this conversation and to read this conversation because it is one that has powerful life lessons and experiences to grow and reflect upon. So we thank you for all that you have done. It is of great service to humanity.

C. Well, I want to thank Joanne and all the spiritual teams involved because without her and her passion and the connections with all, it would not be possible. Thank you for just allowing all of it to take place and to come out and help in any way anyone.

R. She feels that she is just one small wheel in this. She wants to dedicate this to Dolores and her harder work for all of those decades that she helped humanity be prepared for this. And it is appropriate for Dolores also to get the larger dedication and devotion because Dolores has set the way for this. This is merely an extension of her work. We of course say it's obviously our work that we have provided for Dolores and Joanne but everyone is taking part in helping humanity. Many people are used to tuning us out and not noticing us as their spiritual teams and guides, so we have needed to have people on the ground talking in front of these people who refuse to acknowledge and take responsibility for their inner work and remember the purpose of this lifetime. To remember themselves and to help others remember that this is just an experience that you have all wanted to experience. It was a very challenging one, but the lessons are fantastic. The lessons are so valuable and significant, not just for your own personal lifetimes now, but for your future experiences and for the results of many other planets, many other beings, many other collectives that must never be forgotten. This is very significant for future events. This is the bigger perspective we do not need to make you focus on or be even concerned about. What is happening now is going to amplify and ripple out and make such a positive impact. You understand the significance much more in the future, and we say this with much love.

C. Would it be appropriate at all at this time to call in Dolores' higher self? Is there anything that she would like to contribute at this time?

D. Dolores is going to come in as herself because her conscious mind wants to have a conversation. She says I am here, hello Cortney, hello. This is such a wonderful connection, and as the content is very convoluted, it would have been marvelous to have added it into one of my books. But the world was not ready to hear about the shifting to another planet, let alone a shift to consciousness, and even that understanding of the significance of such an event was not that widely accepted at a conscious level. Everyone at a higher advanced level intuitively knew what I was saying and what I was discovering in my work was, in fact, true. It was just this, shall I say this with much love, their monkey minds wanting to hold them back. You know I say this with love. Your conscious mind is kind of Mr. Stupid, is it not? It kind of wants to be the boss of everything, but it is merely there to protect your body from not putting your fingers in the toaster. I want to make this lighter conversation because the topics and the content are very heavy. There is no need to feel such heaviness knowing that the experiences are perfect and so greatly needed. I will not let you forget about that, ladies. The significance of the events and the importance of what will be coming from the growth and experiences of the Old Earth are phenomenal and extremely important. They have slightly given you the information, and I know you are very keen at listening and understanding and reading in between the lines of what they are alluding to. I want to say that I am so proud of you both because I have connected with you, Cortney, so many times, and you have been open to me so many times, and I just am there, and I am just so proud, and I am just so happy.

C. Oh, I love you, Dolores. You have paved the way and expanded the minds of many. I honor, adore and love your work. Like Joanne's work, every time I read or listen to something of yours, it is like I pick up something new each time, and the same thing with Joanne's work, so thank you for being a teacher to us both.

D. That is wonderful to hear that you are noticing the differences and the growth because that means you are growing. Obviously, the words stay the same and do not change but you are noticing that when you're reading my work you are going out of body with your mind, it is hard to focus on the content and the words as you

are being profoundly upgraded. When people seek out my work, they are ready for upgrading, they are ready for the activations, they are ready to be of service. It is of importance for people to understand that. Many try to read my books and put it down because they lose focus and think maybe that is not a book for me. The truth is they are all books for everyone, they are very significant and are high vibrational. I did not realize the true significance and importance of it; I was just very curious. I wanted the truth out, and I was navigating my way while discovering in sessions, and I wanted to share that as much as possible. At the same time, I still was limited to sharing everything, we were very guided, and I respected the information, and I did not want to cross paths and take liberties where I should not have because I did not want to be blocked from this information. I sometimes knew my curiosity got away with me, and sometimes I was denied information. I was not fond of that very much, so I tried to work around the information that was available to me. I knew that if I did lots of my inner work and if I grew and expanded my mind, I would get the bigger information, so that was great motivation for me, and I appreciated the challenges that were given to me. I did not appreciate the people who were struggling with the content and still wanted to judge me and the authenticity of this work because of the limitations of their mindsets. I could understand where they were coming from, but I did not work as hard as I did to be criticized, and this was frustration that I still had to deal with myself. I learned tough love, learned to love with boundaries, and learned to respect this work more than the critics.

C. Yes, I loved that, and you always knew what to ask and how to ask it, so thank you for your curiosity.

D. It was just a thirst that I needed, and it was life purpose, it was a life contract I had. I was designed that way. I designed my life to be of service to be able to help humanity get as much information out as possible because it was such a significant time. People who experience the Old Earth feel like the rug has been pulled off from underneath their feet when the reality is, this was a very overdue shake-up. My work had guided people in a different direction for this to occur. It is a marvelous event, and I am very thrilled how it is all unfolding. It is spectacular, and you all appreciate it from my perspective when you get here, but there is no rush because there is much more for you to explore and experience.

C. Okay, do you have any other messages for us at this time?

D. There is excitement because more and more people are taking responsibility for their inner work. They are suddenly realizing, "oh, this is work for me. I can do it." You all are such diligent beings once you realize your purpose and realize what you can and cannot control. Many get distracted thinking they can control others, which is not the easiest approach, so there is so much to be said. I feel that the people who are listening to this are already emotionally exhausted from the roller coaster they have experienced. I would like to have my full conversation time because I have not introduced myself fully to the people who are reading this book. Most people reading this book have not met me, or I have not introduced myself to them. I would like to be able to converse with them to tell them and advise them of my own experiences and journey to be able to be of service and how I got my books out. Of course, it may not be possible for them to get books and seek my information while they are on the Old Earth. I understand they may have a copy of this book if they are lucky to have others that have provided for them. I endorse all who feel the need and feel the compassion for those who will be on the Old Earth to give them this tool of survival because it could be potentially your loved ones, and potentially it could even be yourself. So do not assume anything. Nothing is written in stone yet for each person, as your higher self may see that there may be a greater need for you to experience the Old Earth depending on how you respect yourselves and respect your vibrations and connect in, if you are able to release fear, if you can empower yourself with love and love of others, respect of others, and respect of yourself with your moral compass set on the most diligent of all. And there is so much I can say, but I would like to come back in another session where there are fresh ears and a reset from the heavier emotions of the heart.

C. Yes this makes sense. Thank you, Dolores, and thank you for my Dad and his conscious awareness and his higher self coming through, so thank you, thank you, thank you. It was wonderful to connect in this way and have the whole perspective from his perspective.

D. Yes, and all of the beings who are of assistance today to help with this communication are all very honored to be able to play their roles. They know the significance of it, as it is much bigger than the beings who have just played a role in this connection, and this is your higher self talking to you now, Cortney, and I am so proud of you.

C. Thank you

(*JHT: This was the most emotional session ever undertaken. My deepest love and appreciation and acknowledgment to Cortney, Rick, and Dolores for their service to humanity.*)

Chapter 21 - Dolores Cannon's Message for You on Old Earth
25th of April 2021
https://youtu.be/4tyr5H3vMm4

Jo is channeling this as QHHT practitioner Jane asks the questions.

J. Many collectives are here today because they are pondering the expression of content that will be connected and conveyed in this conversation. Many are here listening and observing the information from their perspective. Would you like to call in Dolores Cannon or can we give an introduction for her?

Jane. Yes, please go ahead and call Dolores in, and we'll allow her to introduce herself.

J. We would like to say in honor of Dolores and her life contract being Dolores Cannon that she had a profound mission and service to humanity and she enjoyed her journey. It was hard, and it was one of great importance. We honor all beings who take on the call and do their purpose and mission with dignity and honor, and integrity, which is why we always supported Dolores with the information and we always protected Dolores with her information. This was a vital mission for humanity and for the impact and ripple effects throughout the universes. So, we are very proud of the work that we have been able to share through Dolores. We always encourage and inspire people to read her books, to listen to her radio shows that are still being accessed now. There is so much they were still supporting because the information that Dolores shared with humanity is still important, valuable information. As you understand, the timelines have changed into a much more appropriate experience for humanity. Everything is highly purposeful and very significant in how things are evolving. You must be able to accept that events and experiences will shift and change, so when you're reading her books, especially the ones with Nostradamus, it's a very important perspective to have and learn is that time is fluid. And the more you do your inner work individually and collectively with humanity, the better the options for you to experience these lessons and to be able to help liberate humanity. We wanted to remind people that there is so much content from our messages, from our information, that is easily accessible to you. Those thirsty for the truth and wisdom to understand how humanity has got to the point where humanity is, there are many options available for you to be able to tap

in and to read and to experience and listen. We have given you our perspective of the purpose and example of someone like Dolores, who has been a leader in this field highly respected by many who understand us, many who can still respect and see that Dolores is just a vehicle for our information that we want humanity to know. So with that introduction, we'll allow her to come in because she's ready, she says.

Dolores enters into the session: Yes, I am ready, hello hello hello, I am here, and I am still happy to be here to help humanity. This is my conscious mind speaking. I have heard the introduction from the collectives about myself, and I still say it was my honor and pleasure and duty to be able to do the work that I did for humanity. I was enjoying the parts that I had the role I had to play. It was keeping me on my toes often. I learned so much in this lifetime as being Dolores. It was marvelous, and the more I look back at the totality of my life, I am so proud of everyone who gave me the opportunity for lessons of growth, and I know it was a give and take. I learned as much as other people learned from me, and it was a beautiful cycle. I wanted to share the truth and understand why I was so driven, and I was so compassionate to find the truth because I felt uncomfortable being lied to. I felt frustrated that we were not being given the opportunity to learn and grow from the truth, and I felt very frustrated being controlled with narratives that were not the truth. And so, one of my big driving forces was to uncover the truth because I was starting to realize that nothing we were being told was even remotely the truth. Therefore my drive was to help liberate and educate humanity. I was always thirsty for more information because there was just so much. I could have lived many, many, many lifetimes and still be finding the truth out. Learning is marvelous, learning is part of an important empowerment of self. Anyone that is in a mundane system work lifestyle, if you are repeating things there is no growth. You must step out of the comfort of routine to make sure that you're expanding your lessons and your experiences and doing new things with every opportunity - even the things that you may be thinking, “well where is my joy going to be in this?” You can't always just focus on learning and growing from joy. And people who are needing experiences of things that are not in joy, this has still got great value. So you must accept that the things that are joy and the things that are painful and the things that feel like challenges and work and are hard, they're very important still and must be respected. Right now for humanity you are all being pushed into empowering yourself and empowerment can look like having a meltdown, having

some lower emotions. That is all a part of the journey to have self-empowerment. So distracting yourself and not processing through those experiences that have been forced upon you now is not seeing the purpose of it. Remembering that I have told you many times that everything has got a purpose and a lesson and an experience that is all for your embetterment. And that this is all part of your inner work and all part of your journey in this lifetime. Avoiding anything is going to not suddenly make it disappear, it is simply pausing it and giving it a chance to grow so it's so huge for you to face, that you will not keep shoving it away. It will become a bigger monster. Everything right now is being heightened and concentrated and strengthened so you can approach these bigger things that you have been avoiding now, not because we want them to disempower you and break you. But it is a great opportunity to accept that you need to work through this. Nothing will break you. Your approach to these bigger lessons now will define your inner work and your empowerment of self. So it is about last concentrated opportunities for profound experiences and empowerment. Being honest with yourself is always a good start. There are many people who cannot be honest with themselves because they are too afraid to look at their behaviors and their history because they can't forgive themselves for how they have approached life or they can't forgive others. You cannot change the past, but you can change your perspective of the lessons and experiences that were given to you. So there are many things I could say, and we could have this conversation for hours. But I know that I am being called here today to discuss my approach and understanding about the shift and the difference between people who are going to be on the Old Earth versus the people who are shifting off-planet. There is much to be discussed with that. But I can also talk about who I am because I understand that many who will be reading this book have no idea who I am, have never heard of me, and do not understand my work. This is okay. This is purposeful. When you start listening to my work and understanding the information provided in my books, that is when you are profoundly ready to evolve, and when you are profoundly ready to be upgraded and to be able to remove yourself from the mistruths that you are normally given and to discover the bigger truth. People awaken with my work and books and this is purposeful. You cannot read my information or trust this information if you are not ready and you still have a lot of things to experience in the 3D. When you get the information from my work and sessions with me, you profoundly release all the smaller details of the 3D because you suddenly have a bigger perspective of what life is all about. When you realize you've had many lifetimes before, you're not so obsessed about the

small details that you think were important in this lifetime. So if you want to use this work as a shortcut as many people do, your higher self will say, "not right now they need to keep going with their path, and we will give you this opportunity to be able to release all these things that are still slowly working the way out for you." Of course, this was all nice and paced and flowing with the energy of the planet when I was alive. There were many profound experiences and sessions that are so incredible. As you know, I learned and grew with this work as well, and this work created me to be the person I was. And the more I did the work, and the more I understood the work and put it into place, the more I expanded my mind. Many people have gone on the journey with me and seen my journey and discoveries and growth. When you read the first book to the last book, you can see how I have evolved in my mindset, and I understand that it was part of what people needed to experience and notice was me in my journey. I never claimed to be perfect, to know everything, and neither did I know everything the day that I died. But it was important for people to see that I was still very human, I still had emotions, I still had triggers and frustrations and life and just like everybody else, and yet, I still could put myself in a position to learn the truth. The truth is not limited to the rich or the wealthy or the famous or the influencers. The truth is open and accessible to everyone. This is important. And so my information is so freely available, and the books do not cost much. And it is just your commitment to learning and reading, which will give you access to it. So when your subconscious has lovingly provided you into my direction and my work, then it's obviously a clear time that you must release the stuff that no longer serves you and start focusing on the bigger picture and purpose here. Because sometimes people get so stuck that it's just not possible for them to let go of it naturally, and so then when they realize that the universe is much bigger than they assumed and life is much more simplistic, and they're supposed to be more in joy rather than getting stuck in fear and worry, this can help people. Okay, I'm wondering now, I should probably let you now ask me a question because I could talk forever, and I know that you want some guidance today.

Jane. Hello Dolores, it's wonderful to have you here speaking with us. Could you talk to us about how we can give those remaining on Old Earth some hope?

Dolores. So, Hope? (Jane. Yes) Well, they have many opportunities still to be able to find hope. They will find hope when they meet others. They will find hope when

they realize that they are alive and others are not. They will discover hope themselves to some degree, but there is much information they could have and be given to have guidance for that hope. When you face something so profound and so extraordinarily overwhelming, this is often a time when you are not able to distract yourself with anything else, and you must go within. This is the purpose of such extreme measures that they will be experiencing. Many will start praying to a god they never even believed existed. And so when you start praying and asking and getting guidance this way, because you realize that this is too much and too big for even the biggest egos, they will get connected in and will be given their own hope through their spiritual team, giving them more focus. They will naturally be able to get to the emotional value of hope when they have experienced all the other experiences that are going to be set out for them on this journey on the Old Earth. Of course, you can speed up their journey by providing them with copies of my books and this book that has been produced and written, and my words are being added into this book as I speak, I can see it being written. So that hope will be found because it's a perspective of emotions, and there is great hope for all. Hope is always there, hope is a perspective, and when you want to seek hope, you merely need to accept that the emotions of fear and worry are not hope. When you seek out an emotion, you must release all other emotions to be able to honor hope. It is a part of manifestation. Those who seek hope are looking for hope, and when you look for hope, you will find hope. If you're looking for fear, you will find fear. If you're looking for worry and drama, you will find those that will not be hard to miss. It is about noticing the emotions and the responses that your body and mind feel to all of the ranges of emotions. This is an excellent exercise for you to do now is to think about all the range of emotions that one body can feel, one mind can feel, and practice this. Remind yourself what rage feels like, not because you want to be sitting in rage for hours but just notice what your body does, what your mind does, what your thoughts do, and then go through the whole rainbow of emotions and know you can control all of the range of emotions that you choose. When you go through all of the motions and touch on all of the different factors that the emotions give you so that you can identify the difference between one emotion and another, and when you realize that **you** are the one creating those emotions, then when you naturally in your day get triggered into an emotion, you realize "right, that's the emotion." “Why is it?” And when you realize that you are in control of allowing yourself to feel those things you may not want to hold on to the rage or the despair or any of the other insecurity emotions or the lower emotions or

anything. When you realize that you can still observe a trigger that may have given you anger before, but you still want to choose to feel profoundly in love, then that is the most powerful control and responsibility that you have to give to yourself. It's about mastering these emotions, and as soon as you realize that you're the only person that is making you 'feel,' that's incredibly empowering, wouldn't you say?

Jane. Oh, very, very empowering response. Thank you, it was quite beautiful. We're wanting to know more about how you approached, in your work when you were here, how you approached those on the Old Earth when you were looking at a dimensional shift?

Dolores. Yes those people who were going to stay on the old Earth were the ones that were not quite ready to stop and think for themselves. They were the ones that did not want to break out of any routine. They were quite happy to continue on, year in year out, doing the same things. And it may have been the same job or may have been jobs of many, but their routines of simple lives that did not buckle waves and did not have any expansion of mindset. Those are the people that I would perceive to be the ones who were going to stay until they had an opportunity to see something that may have sparked their interest into expanding more into the truth of things. When you start understanding the truth of things you are a little bit more free from the narrative that is surrounding you all. Once you start thinking for yourselves you automatically become in charge and in control of your lives. Then you have the range of emotions and experiences to go off the normal path of routine to then create a whole separate routine that may involve connecting in a different consciousness. When you realize the truth, then you keep seeking it, and when you keep seeking truth, it's only a matter of time until you seek out and discover spirituality. People will get stuck on the religious aspect and think it is similar, when it is not quite the same at all. When you start finding out the metaphysical truths, then that liberates you from the 3D mindset.

Jane. Yes, well, in thinking about this upcoming shift, it seems to me that once one can get beyond the shock and the despair, those left on the Old Earth, that once they can get beyond that negative emotion of grief and find this book and find your books they certainly won't have the distractions that we deal with in this time in our experience so they will have complete freedom to delve into truth and a new perspective. Do you foresee anything overlooked that we can include in this book or

provide for these people? We want to make sure that we have a complete package as best we can to assist them in their process.

Dolores. Indeed, I understand your concern for missing any content. The purpose for some people who will not be able to get access for this book is because that is their contract to do it all by themselves. Those people who have the contract to find this book and read this book, this is to accelerate their experiences because they did want to have tools. However, regardless of whether the book has complete information that they need to spoon feed them through the Old Earth or is still missing pieces of the information they could have to help them, it doesn't matter in terms of their learning about spirituality, learning about connections to go within, and accepting much bigger things are out there for this universe, for themselves in this current lifetime. It will give them a key to start accessing and considering life is bigger than just what they're experiencing at that moment. Obviously their routines have completely changed, so they are having to start thinking for themselves. This is always going to be beneficial for all. Even if you and even if this vehicle and even if I had written down the complete mysteries of the universe and all of the answers, it is not until that person can apply the information and start tapping into their own spirituality, into their spiritual teams to be able to think and feel the navigation of the truth, you cannot provide all content for every single person because every single person is always asked to go within to find their own connections, and this will always be their soul's growth. That way, not reciting the book and knowing all the words. It's not about the content. It is about allowing them to be able to understand that **their responsibility is to connect in with themselves and empower themselves**.

Jane. Okay, so we will underline those parts in the book that say just that: The answers lie within! And you must seek and you must listen and expect the answers and the guidance.

Dolores. Many people still have this belief system that they are nothing special, that they are just this person who has this identity to a career and a family member position. The reality is they have forgotten who they are. They are much bigger beings having a human experience. It is fine for them to still be in the illusion of the game and the play. However, when it is time for them to empower themselves in 3D and master it, this will be a great opportunity for them to do that and they will do

that. They still have their own spiritual team while they are very pressurized in this density. That is going to be extremely hard for them in one way but extremely easy for them to tap in once they realize they can **go within**. It has always been the answer even for people right now, to go within. It is not about listening to everyone's opinions and experiences. That is distracting people. It is about going within; mastering and seeing all the emotions that you can feel, knowing that it is your responsibility to control your mind to not go into fear; respecting your spiritual team has your back; respecting you are here for a purpose. You are respecting life and the opportunities that you have right now. Life is beautiful and I know that people only see the hard experiences, the negativity and all the worries and concerns and that's all they can focus on. You know you have done spiritual healing and growth and inner work, when you can see the beauty of all and that may be very hard for some when they refuse to acknowledge that every experience is a lesson and a gift.

Jane. Yes, well, I think we definitely have heard what the focus should be and will be. Do you have any final messages for us today?

Dolores. Yes, my final message to humanity today is to say that resisting the opportunities given to you on a daily basis is resisting your inner work and so seize the day. Embrace the day. Embrace the lessons with excitement, knowing that when you master it and not avoid it and not get distracted then that will be one less lesson you need to experience. And do you want a great big deal of bigger problems in your future, or do you want to be able to master things and take responsibility for your inner work? The choice is up to you. Use your free will wisely because it is a gift for you to experience that. Stop marinating yourself in those lower emotions of fear and worry. I want to say to those who are unsure where their future lies, it is about checking your spiritual ego. Just because you know this information doesn't mean that you have done the inner work. Inner work is coming abundantly to everyone who needs to see and resolve it and empower themselves through it. Many still cannot see where their spiritual ego lies. This is fine because you're still on this journey. But when people have advised you or when you feel like you know you should be releasing things and expanding, go with your intuition because your higher selves are virtually screaming at you to do it. You'll be noticing that more and more and more if you are distracting yourself. So it's an exciting time, but

everything is concentrated because the energies are intensifying, and everything is ramping up again. There is a purpose for it obviously.

Jane. Yes, well, we love you so much, Dolores. Thank you for all your wisdom and all that you've done for us, and unless you have another message for Jo, we are complete?

Dolores. The word "complete" is interesting here. It is always a journey, and what one views as completion or destination is merely an illusion because it's infinite destinations and infinite approaches and levels to completion. Life is the existence of one's consciousness as it echoes out through the universes. It is always expanding and evolving. While you're focusing on this planet, this lifetime in this dimension, it feels very significant and important. It is important, but for the people who are still processing this it is always curious how people will hold onto things that do not serve them, and that is purposeful. From our perspective it's very exhausting and quite wasteful of the energy and time at the same time. Even though there is no 'time,' we are observing many people being stuck in cycles, so we are trying to put new things in their routine to make them stop and think. This is an extraordinary time for humanity. Many, many, many, many are awakening up now. It is almost impossible to not wake up! If you were not supposed to wake up, you are still firmly asleep - and we know that there are many people who are so desperate to wake up others at this point, that it feels like their responsibility. We have said this many times that those who need to stay awake will stay awake, stop wasting your own energy. Keep doing your own inner work. Accept all life contracts, accept all other people's journeys, as they are being stuck in different places. Being distracted by other people's spiritual growth can only impact your inner work. You can observe how people are responding and behaving naturally and with compassion you can see how hard it is for them. Their spiritual teams, of course, are providing them with the lessons and experiences. When people get overwhelmed with all of the karma and the drama that they are facing they will suddenly be forced at some point to take the responsibility of their own inner work - or not. Remembering that Old Earth is not a punishment, it is an extensive course to do inner work and so people can do it at this pace or in a different experience. It is up to them and their spiritual teams are supporting them through it.

Jane. Thank you again for those reminders, and I offer you my endless love and gratitude, definitely not completion but ongoing.

Dolores. Fantastic, I wanted to talk about who I was more to be able to give people an understanding of my journey and learning about how to reach other dimensional beings. This was something that was of great fascination to me as I had to extend my mind to be able to understand who we were tapping into, and what and how, and so it was a marvelous journey. It felt like the keys to the universe of informational truth which gave me great joy and excitement and I felt the responsibility of having this universal wisdom at just the reach of my fingertips. That gave me great excitement and I was beyond curious and it was exciting. There was such marvelous times and I want to honor all who have honored this work, because it has to come with great spiritual maturity and I understand it's not for everyone but those people who have had the balance of this information of this work and still living in the 3D, that is no easy feat and so I say I honor you, I honor you, I honor you.

Jane. We love you, thank you.

Dolores. It's not long to go now, Loves…. and I say this with much love.

Chapter 22 - My Letter to You

As I write this letter to you, I feel your energy and trust; you have been able to apply the information that has been lovingly shared with you. It has taken a small tribe to bring the content to you, and we all want to help you in the only way we can - by sharing love and a bigger perspective on what is happening. It has taken me several hundred sessions with people worldwide to gather this information from their higher selves about the shift and New Earth and Old Earth content. Primarily people who have had their sessions or those who respect Dolores Cannon's work can be open to understanding this technique and the process to get this information. To have the experience of feeling the undeniable proof coming from their own higher selves through their bodies helps to start putting this information into place.

It has been an epic journey to support each other who knows this information while balancing our lives. At the same time, every one of us, to some extent, has been judged, labeled by our family, friends, and broader communities. Even many other quantum session practitioners were getting different information about the shift because they were either staying on the Old Earth so their life contracts did not allow this information or were not asking the right questions, or did not do enough of their inner work to be able to start hearing about the New Earth content. Before Dolores Cannon died in 2014, she was beginning to compile new information she was hearing in sessions about the shift now being off-planet, earlier she was told we would experience it as a shift in consciousness into 5D on this planet. I believe for most. The last significant shifts were in 2018 and 2020; however, they were merely shifts of expanding our consciousness. The physical shift is yet to come, and I sincerely wish for all who will experience the Old Earth that you all have profound hope and respect for the love of self. As Dolores Cannon told you in a session, this guide could never be complete, but this will give you enough insight to now follow your intuition and connect with your loving spiritual team, asking for their help is the first step, and trusting what follows will be the best advice.

Remember;
Time is not linear; we experience it as if it is.
Time is a human-made construct.

We are multidimensional beings - our higher selves are part of us, an extension of ourselves. Like those stacking dolls, we are the miniature ones.
Everything is as it should be - find balance with your emotions.
Know and trust your spiritual teams are supporting you.
Pain - physical and emotion are only present when you notice it with your mind. When you choose to release it and not dwell, that experience will then be released.
Learn to control and focus your mind and stop seeking the painful emotions that do not serve you.
Live your life with your heart and mind balanced, as your moral compass will make all your decisions easy when you are honest with yourself and others about your feelings and thoughts.
We have to accept things in life that do not appear to be fair when that is part of our life contract to experience all.
Accepting what we can control is our reactions and actions.
You can notice your reactions repeating cycles on autopilot when you know those uncontrolled reactions of emotions.
Be accountable for your choice of how you act.
Growth can be painful when we feel like things are happening to us rather than for us. It is all about having a positive metaphysical perspective to it.
Love is all there is; everything else is an opportunity to find your path back to love.

Being on the Old Earth will allow you to be a NEW YOU. You get to decide if you want to empower or disempower yourself. It is totally up to you, from your choices and reactions.

Death will feel like liberation, and we always will have that to look forward to as we start the next chapter. There is no rush to get to that destination, and with each step we take is an opportunity for personal growth and mastering the range of emotions which is the bigger purpose of these physical lives in 3D planets.

Mastering all situations while having unconditional love for all is when we can complete the lessons of 3D.

Love yourself profoundly !!!

Joanne Honey Thomas

Chapter 23 - GROUP MESSAGES FOR YOU

When the shift did not happen as we had been told, on the 21st of December 2020, we wanted answers to why this event did not occur. After hearing over 100 clients all getting the same information about this, most clients had never heard about the shift or New Earth, and yet they were all getting the same information and the same date. We learnt in session many reasons why the shift happened. Humanity now has new life contracts to have extra time here on this planet and new challenges and experience many growth opportunities. Having to get mentally prepared and ready for something so epic was more than a mind bend. Most of us wanted to warn and tell everyone we could about this shift and New Earth and the Old Earth, and yet when we did, it sounded crazy to them. We were all called names, and our loved ones referred to our sessions as information from a cult. We were not selling anything, and no one was drinking any kool-aid, our faith in these sessions was strong. We all sincerely wanted this planet to be supported and for humanity to grow and become unconditional loving beings to themselves and others. We wanted to heal the world and live out our futures we had all planned for but also understood the reasons why that was not possible. I know those who are reading this on the Old Earth will know of the truth that we have been given about the shift and event, who would see most of humanity and the animal kingdom leave their bodies and shift their consciousness to go somewhere else. We are not dead; we merely ascended.

In a session I was told to form a support group for the people around the world who knew about this shift, to help them come to terms with the 21st of December not happening. We used an online community group to help each other and address our inner work. We loved each other, we triggered each other and became stronger together as we shared our lives and journey for self-love and acceptance of all and to address our inner work. To keep our vibration high enough to be of service to the collective.

These people gave me the strength to carry on and dig deep into my own faith of myself and others. I trust this work, I trust Dolores Cannon's books.

My sincerest love to all who have been on this journey with me, to be able to tell you each day that I love you gave me such pure joy. Thank you for your gifts to me,

trust, hope, faith, community, respect, honour, friendship and love. My kindest regards to you all.

On the 2nd day of working on this book, I wrote this to the group.

"**Group exercise...** Writing your letter to those left on Old Earth. Your words to them would be incredibly supportive. Could they feel alone and triggered with everything? We can only imagine. So what would make more connection, a sense of being seen, and loved than letters from people who know what is happening and why? Can you share your journey of spirituality and how to tap in with your team? Share your routine of attaining inner peace? What would you write to people on the Old Earth? What would you want them to know? Together we are stronger than apart, and just because we are departing does not mean we can not support those still here. We will always be a part of humanity in our souls regardless of where we are."

Here are some of their love messages to you. We all have great hope for you all to follow your life purpose and mission on Old Earth. We think about you often, and here are our words to express this the best we can, as we also feel a wide range of emotions through this.

****

Angela
Letter to Old Earth Dwellers, by Angela
I wanted to share the message for those who have stayed on Old Earth.

Even glorious tropical islands experience night time... but in the most spectacular fashion. Stars are twinkling with a vibrancy not ever enjoyed in city lights. Looking up in the sky with wonderment, you will find new lights that had never before revealed themselves. Be the keen observer, fresh this spring with fuzzy antlers, surveying the new landscape of the sky. Discerning. Your ears are like angel's wings... You can hear things now that you had never heard before... the songs of angels playing in your ears, and so much more. Connections to Spirit—your claires are lighting up and activating. Fresh new antlers fuzzy with anticipation... like tuning in an old radio, once you dial it in, the fuzziness is gone, but only with

persistence. The unclear parts are correct now.. do not discount because of the fuzziness. Soon the dial will be ideally in line with your vibration, and the messages will come pouring down like soothing spring rain. Rejoice. Your gifts have arrived, flying in and sitting upon your head as a new crown, ego set aside.

Trevor Brown
Dear Friend/Brother/Sister,

Please know you are never alone, regardless of how things may seem. All of us are always connected with each other, and you have more help than you realize. Some people search their entire lives for happiness or answers to questions such as the purpose of life. Unfortunately, most people look externally for everything they desire and/or feel they need. However, the answers and the real power in life are within each of us. Some of the ways to "go within" include: sitting in silence, relaxing yourself as much as possible from head to toe, breathwork which may vary from person to person, but it's imperative to take in a lot of air as it's arguably the most critical element we have here on Earth so take it all in and exhale slowly or allow the air to just fall out of you...it can also be beneficial for focusing your intention to perform a count when you inhale, hold it for the same count, then exhale the air taking the same count time...it depends on how much air you can consume at once. Still, some enjoy counts of four seconds for each breath in, then hold for the # count, then exhale. For example, try anything you like and be patient with yourself as there isn't any wrong way of doing anything. Once you're able to go within, you're no longer identifying with your body so that it can be blissful, and it can show you relief from any of the pains we can experience in the physical illusion you are in.

The funny thing is that most humans believe fantasy and imagination are illusions. Still, the reality is it's the reverse or opposite, and the illusion is this life we chose to incarnate in to feel separate from our Source/God and each other. However, we are never separated, and it's only the illusion of the experience we mainly observe consciously. You are a fearless soul for electing to remain on Old Earth, and you will return to Source. A source with a rich experience you play out in the limited time you have left on Old Earth. The natural disasters will continue, but you are as strong as you want to be and can further strengthen your resolve by going within.

You may connect with me, any of your friends or family, or any higher power you believe in for help. This may be perceived more appropriately by going within. Even if you do not see or feel us, many of us support you and have more love for you than you may be able to imagine.

Trevor Brown

Markus
Dear friend,

Thank you for making it all the way here. Well done. Things might look mightily confusing in the world right now. But here is some good news: you chose to be here in this very place right here and now. What you do with it all is in your hands.

One insight from me to share with you is that all things are the way they should be. Loved ones who are no longer physically with you are in a different place, potentially many other places. We all have chosen our paths. One idea to consider is that you can make it all count to the maximum, develop yourself further, support others, seek and build community, do the very best with what you have.

I would advise you to take the content of this book to heart, study it, feel it, and make sense out of it from your perspective. Ask yourself for clarity and more robust understanding; you can do this as you are so much more than what you can see. The book has been put together to assist you, so use it to guide your way.

While the circumstances may be incredibly challenging, be assured that all things serve a higher purpose and you have nothing to be afraid of. However, do take time to appreciate your thoughts, words, actions, and experiences, especially if they are being put to good use. You have accepted a tough challenge here, so you can be proud of this and celebrate it as you are being honored.

It may be difficult to see it this way right now, but I want to share that this place and the infinitely larger universe is a magical place. To not have the benefit of seeing and knowing all is a blessing that amplifies learning and growth. From what

we want to experience, you can appreciate it all much more, from within a higher context. You are never alone, and you are always and forever unconditionally loved.

Feel Love & Be Well,
Markus

Karen B.

Date: April 2021

I started my journey alone. I assure you most who were awoken during this time experienced the same. In 2009 I moved to a small community in Texas. This was when my journey began. It was a prolonged process for me until 2019. Without being aware, everyone's spiritual growth was evolving at a mind-blowing speed.

I did not know anyone in the area. My family unit was small. It was just my husband and daughter with me. I was without a friend, but not lonely. I needed something to occupy my time. I decided to learn a bit about the stars in our night sky. They were much brighter here than in the city which I just left.

This hobby led me to other subjects. I did not know of the existence of a planet called Niburu. From there, I researched and began to awaken to many things that I never considered.

At that time, Niburu was a conspiracy theory. This was one reason some individuals became preppers. It was thought that this celestial body could cause great catastrophe to our dear planet Earth.

It is much bigger, with a greater gravitational pull. Causing anything from volcanoes and earthquakes to a pole shift. Any natural disaster you could imagine. I am not saying this is what caused Earth to enter the state it is in now. I am just saying many theories about the end have been circulating for decades.

You may be experiencing all of these scenarios now. I want to encourage you to endure till the end. You, as a soul, are wanted to witness and experience what will become of planet Earth.

You requested your life contract. It was agreed upon by your Higher Self and Spiritual team. I respect the challenging assignment that you came to perform. Your support has allowed all other Souls to carry out their own contracts.

You will meet others still living on Earth. Please show love and support to them as well. They are also fulfilling their missions. You will need each other. Each and every one of you is important. You are loved so much.

Survival may become your most significant concern. However, some of you will want a swift ending to the carnage left behind. I assure you, you are not alone. Your own spiritual team is there. They are available just by you asking. They have always been there to guide you. Free will has kept them at bay. They will not interfere with your decisions. Connecting with them and your Higher Self will bring you confidence and strength to realize your purpose.

You will have many triggers along the way. What triggers you are breadcrumbs you left for yourself. The lessons or messages within are for you to grow. I had many repeat lessons. Once I realized what I was doing to myself, I overcame and moved forward onto a better path.

Meditation, to some, is a taboo exercise. Please try this. You will come to know yourself better. Find yourself a quiet space—one within yourself, also your surroundings. Let your mind relax. What comes to you is from your higher self. It can also be messages from other beings. Do not let this alarm you. All who connect with you are there for your highest good. Your Spiritual team will not let harm come to you. Ask them to protect you. You can also ask for the same protection from other divine beings, such as Angels; yes, they are real. Do not be discouraged if this method does not work immediately. Have patience. All is well.

I would be having many questions if I were staying on Old Earth. I now see that inner work and growth are extremely important. Facing the past has a big part to play in this. You are learning the lessons and applying the information. It may seem

trivial right now, considering what you are enduring. This is the way your Soul, your Higher Self, wanted to experience life on this 3rd Dimensional planet. You agreed before even incarnating on Earth to stay through these end times.

Your family and friends who have departed are safe. They are carrying out their own agreements. You will see them again. They may not be in the human bodies that you remember. You will recognize them by their energy signature.

They are so immensely proud of you. We all are so proud of you. Without you, the experiences you will witness could not be recorded and learned from. You will be so proud of yourself. This part of your life will surely be cherished for eternity by you.

When you look up at the night sky, remember us. We are thinking of you. We have so much gratitude for your work.

We hold you in Love and Light. (Karen)

Cortney
Dear beings of Earth at this time,

I hope you are finding comfort in reading this. There must be changes all around you and a lot for you to process. Please know that you have got this, and you are stronger than you have ever known to be in your life. This is your time to go within and connect back to your authentic self. Trust and have faith that when you are connected with that true light of source energy within YOU, you will know how powerful and expansive that Source is outside of you that you are very much connected to. This reminds me of the Universal Laws of the Universe. The law of correspondence. As above, so below. Your spirit guides and spiritual teams are helping you every step of the way. We are all connected. We are all ONE, as in, we are all different aspects of each other. Please know that I and others are just on the other side of the veil and continue our New Earth journey. Everyone has a soul contract, and those that are no longer here had a soul contract to leave at this time, just like your soul contract destined you to stay. We are all always connected. Do not be afraid. There is nothing to fear but fear itself. Have faith, and that will take you to places of pure peace, knowledge, and comfort. You are so loved. When you

begin to shed the fears and doubts and reveal YOUR truths, you will soar and expand your mind to places you never dreamed of...but they are real. In shedding and peeling back the layers to get to the core of who you are, you will connect with others and help uplift one another. There is power in connection. In keeping your thoughts and vibrations high, you will help yourself, help others, and collectively help the Earth. Find the joy within and through the little things in life. Listen to your inner knowing. Many times in the past, beings have been inundated with news, magazines, movies, propaganda from every avenue telling you what to think and how to think it—creating a narrative to keep you in fear and doubt. Turn off all the outside chatter, and listen to your inner voice. Let this voice/knowing guide you. Look for guidance in the simple synchronicities in life. This is truth and connection. When you are standing in your truth, you are standing in your power. That in itself has a high vibrational ripple effect on the whole universe.

I understand that there may be a strong sense of duality you could be feeling at this time. What life was like before this massive shift, and what life is like now, and going forward. You may experience feelings of grief and loss. Please know that in your heart and soul, nothing is ever lost. Your loved ones are with you and rooting for you. We love you. You are in the last phase of the Earth's cycle, and for that, you are brave. Just please remember and know the importance of trust and faith. Hold your head up. Remember the joys of life. Keep your vibrations high and go within to remember who YOU are. There is a Divine flow to life when you put away all the outside chatter. Life begins from the light within. That light within is connected to the whole—the whole of Source, God-consciousness energy. You ARE light, and YOU are so loved. ❤ 🙏 🟫 ✨

With love,
Cortney

Fátima F.
Hi,

This blessed manual & all the letters that all these beautiful beings offer here have everything to help you survive what just happened. I have no additional insights to provide other than to share my experience of what just happened to me and what feels to me like a total time and space mind bend !! I have not only listened to the

session between Cortney and her dad twice but have also read it and taken notes from it to give Jo a verbal summary about it. As I was reading it to take notes, I had a cathartic experience. I believe that it started happening at the part that talks about the lighthearted comment that "they" will not send us a Facebook friend request and they tell us this to lighten the conversation, knowing that people are going to be in a form of traumatization themselves as we are worried that the people we love could be the ones experiencing these harder lessons on the Old Earth, I experienced massive grief and uncontrollable tears. I had already been crying throughout the whole taking of the notes with all that Cortney's dad was sharing and also when I had previously listened to it, but from that point I mention, it escalated to a beyond intense grieving experience…heart wrenching to me. It was so many things. I felt so much pain for what you all may be going through and then also a deep & profound grief for the possibility of my son having changed his contract to stay. I cried so much about not wanting any of this for him or any of you, even though I understand how important it is to be there. I had a one on one session with Jo where I asked if I was shifting & they told me yes and also said my son & cat will too. I also had a beautiful Akashic Reading by Cortney where she saw a group of us cheering in New Earth so happy that we had made it there. With all this info, I have been going along life with a happy-go-lucky feeling anticipating the shift. During this massive release that I was going through, I also got the feeling that this was all orchestrated by my spiritual team to help release leftover stuck emotions from the past about my mother and second ex-spouse. I always feel like I had already let it all go but thanks to this session, I was finally able to push out final remnants of those emotions. I kept reading all that Cortney's dad shared and I was right there so connected to him hanging by each word and thought that he shared and my emotions were so intense following his journey. Everything he said, like had he known that last time they hugged would be the last time he would see Cortney, he would have never let her go; that he carries the book & never lets go of it; that the book is not just paper & words but that it's their survival, was all so special to me to read. I was so moved reading how much he respects this work, honors his feelings and how he is working so diligently & being so focused at his inner work; that he applies all the information given in the manual; that he helps others with their releasing of anything inside that still hurts their feelings; that they support each other and have so much hope in their hearts to master their 3D emotions so they too can soon shift to New Earth. Reading how immediately post shift he is a NEW Rick, that all the other things that in pre shift appeared to be hard

experiences, now they can see how trivial, insignificant & full of nonsense they really are; I too was dropping old baggage right along while reading and also gaining a new perspective about life. It's like the manual is interactive and magical and I was transforming right along with all of you with my own inner work pre shift even though the manual is supposed to help post shift. He says that they can't believe it themselves how much growth they have where they could have never assume that to be possible. When I woke up today, I also felt like a new me and that I had grown in leaps & bounds that I had not considered possible either. I feel like now I am able to connect at a deeper level with others thanks to reading just this session and taking the notes for it. It was that powerful for me. It ended up being a gift to me. I might add that in that grief I was also contemplating the possibility of me finding myself in Old Earth (in case of a soul contract change) and so that was adding to my trauma too. I will reach out to Jo soon to find out some more answers. My deepest respect for you, Cortney's dad, for this great service to humanity that your session provided for me & will for others, and for you helping me here April 24, 2021 from over there in Old Earth in my future. Cortney is so right when she says that this book is working through many different times and places. This is the time & space mind bend I was referring to at the beginning !! In that session, it's also said that you are a motivational leader not only for your personal growth & evolution but also for those around you. Well, I'm not around you :), however, I was able to profoundly connect with your energy & your story which caused me to take a giant healing step…thank you !! So much respect also for all who are there experiencing this accelerated growth and expansion. I cheer for you and I hope you can feel my BIG love for you all.

Fátima F.
Portland, OR

Jane Mize
Greetings to You on Old Earth,

I Honor and Respect you for your choice to remain on the Old Earth in this time of the Great Shift. Your choice to remain has great purpose and great rewards. Please know that you are never alone and always supported with great love. Many Beings in the Higher Dimensions/Unseen Worlds are with you now, including your very own Higher Self and Subconscious. We are with you now in this very

moment. May you feel our presence with you and be comforted.

It is of the utmost importance for you to make every effort to connect with your teams. Quiet yourself as best you can - focusing on your breath is very effective to prepare to connect and receive guidance. Ask, and you SHALL receive. The more you trust and have faith, the quicker you shall receive. Expect it and look for the evidence of it by what appears on your path. It may not appear how you think it should, but what does occur will be what you most need in that moment. Embrace whatever it is with an open mind and an open and grateful heart. Never stop asking for guidance every step of the way. You will be supported throughout your time remaining on the planet.

I want to share with you some of my favorite tools I used to assist myself in growing beyond a third-dimensional mindset :

--Fear = False Evidence Appearing Real; confront it dead on and deny its truth

--All information is within you; seek, and you shall find

--Intention, Intention, Intention; pave your path forward with your intentions

--Ask and intend to be willing (if necessary, to be willing to be willing) to let go of anything you may be in resistance to

--Where your attention goes, energy flows; where is your focus - is it helpful?

--Ask to see through the eyes of God; look for the bigger picture/perspective

--SELF-LOVE; Honor yourself; you are NOT your experience

--You are an extension of Source, having an experience in a human form

--GRATITUDE for everything

May you walk the path on Old Earth with clarity, focus, and love in your heart. I wish you great peace until we meet again.

With love in all ways,

Jane Mize

Sara Das
To all the people left behind,

Something strange has happened, and you are wondering where everyone has gone, and there are just a few people left. Well, you're right. Something very unusual, shall I say, fantastical, has happened.

Let me start from the beginning. This Earth planet is a living being like you and me and has evolved from the 3rd dimension to the 5th. Because the Earth was so polluted by so much misuse, she decided to reincarnate to another planet and take most of the population with her.

I will now explain why you have been left behind. You see, we are not our bodies; we are spiritual beings who have incarnated into these bodies to have experiences in which to learn and grow. When we leave our bodies at the time of death, we can then choose our next incarnations. We choose how our life will play out and even what parents we will have. This is called our soul contract.

So, therefore, the reason you are still here is because you have chosen to stay due to your soul contract. You may be wondering why you would have done that. Some reasons are that you may have been there at the beginning of the birth of the Earth planet and want to be with her till the end. Other reasons might be that some people already know what is going on and have decided to stay and help. There are a number of reasons, but you must know that you made this decision and it is not imposed on you.

This may sound very challenging, but you are all strong souls that have decided to stay. There is a lot of growth to be had for all in this experience. You will come together and create strong bonds with each other. You will learn how to survive and keep your wits about you.

Another important thing you must know is that we are never alone, meaning that we have a spiritual team watching over us and ready to help us. We only have to ask. By spiritual team, I mean spirit guides, guardian angels, and beings from other planets and dimensions. This must all sound very strange to those that have never heard of this or believed in any of this, but it is true. In case you didn't know, A spirit guide is an entity from the discarnate realm that agrees to stay by our side and be there for us should we need it. They do not impose on your free will, however. That's why it's important to ask when you need help. They help you in subtle ways, for example, by you seeing signs or getting inspiration, etc. So be on the lookout for your answers when you ask them.

You do not have to worry that you have missed out on going to the New Earth because you will also get a chance to go when Mother Earth has finally left her body. There are only 26 months left of this Earth planet from the time that everyone ascended to the New Earth. It is important to try not to be in fear, impossible as it sounds. Connecting with the other people around you will give you solace. Try to raise your vibration by trying to find happiness and gratitude for whatever you can as much as possible, as that will help with your ascension. One reason we come to Earth is to master our emotions. If you can keep that in mind, that might help you on the path you are on.

Everything is happening to plan for the good of all. Please remember that you will all make tremendous growth while you are here and working together. We are all with you in Spirit and are rooting for you all on this very precarious journey you are on, and I wish you the best of luck. Remember that we learn the most from the hardest times.

Sending lots of love to each and every one of you,
Sara Das

Tahirih Chappell
Dear Light Being,

When your emotions are running high, The best way to calm yourself down, I have found, is thru breathwork. It is our life force.

Whenever you feel you are having a hard time regulating your nervous system, breathe in deeply through your nose and gently out thru your mouth. Imagine you are living in the pure love of God and exhaling fear and worry out into the atmosphere. Exhale anything that is not divine being anything that is not love. This will help greatly and can be done anywhere in any situation to immediately help you gain control over your nervous system.

I find that praying helps as well. Talking straight to Source or your Spirit guides out loud is very powerful and profound.

Looking within requires so much honestly with ourselves. If we are being honest with ourselves, then we will see what we can do for ourselves to grow. It all comes down to love. It's the only force in the universe: either love or lack of love. So we must learn to love ourselves profoundly. Forgive ourselves and others. I believe this will set us free. Feeling and honoring all of our emotions is key. We must not press down any emotion, let them come to the surface, and really feel and honor them. Once we are awake, we can see what we are here in this life for. We are here to expand our consciousness. We can start working on ourselves by being honest with our lives and all it's
Experiences When we help our selves we help others. The reason for this is because we are all one. One love. The separation is an illusion.
The more love we can find in ourselves, the more love we can have for others because we know in our hearts it is all the same.
So much love and light to you. If you are reading this, I love you. I feel
You. I am you.

All is in perfect and divine order.
Tahirih Chappell

Appendix - Inner Work Guide by Markus

Hello there and welcome to a short section dedicated towards inner work, composed by someone who is going through a journey of discovery through the processes of inner work, within the experience of a wild and unravelling 3D world. This segment is an extra to the book and the transcripts; a practical and reflective complement from within 'here'. It is very worthwhile to read the book and transcripts many times and go back to certain sections when and where it feels important to you. If you keep a present and open mind when you read the book, you do more than just reading it, it is multi-layered in more ways than one.

In all things in life, no matter the situation, there is always purpose, hope, joy and appreciation. It took a collective to put this together and it is presented to you with much respect and love.

Inner Work, definition; *Inner work is the conscious and honest effort to work with oneself.*

This is one definition of inner work, let us look at the words.

Consciousness. We do work on things without being consciously aware of it and things certainly happen without our awareness. But, in terms of inner work, this is a process of actively, consciously, working with ourselves, past events and even lifetimes, traumas, our present situations, relationships, life purposes, successes and failures. To learn about something and begin to unpack, to process and eventually release it, you need to be aware of it to deal with. And once you become aware of yourself, your situation, the world around you and things which are not so easy to sometimes see or feel, like your subconscious, higher-self and your spiritual team, then you are on your journey of discovery.

Honesty. Inner work becomes easier the more honest you are able to be with yourself. You can try to fool others and yourself, and that is fine, but if you can start with being honest with how you feel, and either verbalize or study that feeling, and work through your own experiences with as honest of a filter as possible, then you are half-way there. This can be a gradual process, where your perception and

honesty grow together. How you feel about something, in your heart, can be a lighthouse or a compass.

Effort and Work. This is about your intent, and is your thoughts, your energy, words and actions. Where do you spend your energy? On one part, it is an internal process, but it is also the application of those inner thoughts and intent. It is useful to apply this as a constant continuous effort; keep on working, exploring and experience. Many of us have spent years on this, so keep in mind Rome was not built in a day, and neither is inner work.

One. Inner work is focus on the self; it is dedicated time and focus on you. You must focus on yourself when working on yourself. Now this may sound silly, as many of us are used to prioritizing others over ourselves, so this may take a mental adjustment. What other people do, think or say is not important to the process that you have with yourself. We are not saying you should not focus on others, you very much should, however, you cannot get someone else to do the work that you yourself must do. Reality is subjective, and supporting each other is very important, but what is true for you may not be true for someone else. You may remember those flying metal boxes we used for travel back in the day; put that oxygen mask on yourself before helping others.

Task: Think of something small, it can be anything or anyone, like a glass of water or the chair or bed you may be sitting on. Take your time and be grateful for it.

Importance of Inner Work. Before we get going further, I would like to take the opportunity to really encourage you to do your inner work. Spend some quality time on this, with yourself. A good base position may be to assume nothing and explore everything with curiosity, excitement and love. And through that process, put yourself in the right mindset to identify and let go of old belief systems.

You are a spiritual being having a temporary physical experience. Your subconscious, higher-self and your spiritual team has always been there for you. So, as you explore further, pay attention to the transcripts and your intuition. These are very special times. By honoring yourself with your work, you are also honoring those who are supporting you. And through your work and your own growth, you are helping others in their journeys. In the end, there are no good or bad

experiences, there are just experiences, so do not forget to have a little bit of fun, with anything that brings you joy, like singing a song, playing a game with someone, or just appreciate a good conversation.

Task: Seek isolation, find a spot just for yourself. Take a few deep breaths, hold your lungs for a few seconds and release. What is the first thought or feeling that comes to you?
Identify one commonly accepted Old Earth belief system and feel it out for yourself.

Ego & Balance.

Self-doubt. We all have our doubts, but you can look at self-doubt as a gift. A gift as in a challenge that needs to be overcome. It is very easy to be hard on yourself, for something you perhaps did or did not do. In a way, you can push yourself down under water, but do not forget you will float back to the surface. And for the purpose of inner work, you must. Guilt is a key emotion to be on the lookout for; treat yourself with acceptance and love.

Inflated Ego. In simplified terms, the opposite of self-doubt. You have successes and your ego gets to you and it all starts galloping. If your ego is too big, you may miss all there is to see, feel and learn. You may start to behave in different ways to other people. A solid sign of an inflated ego is that you start believing you are much better than those around you, or if you for example boss people around for no real reason, or if you feel anger that others do not understand you.

Balance is important to all things, so check in with yourself. How do you feel? Do you feel you are not good enough? Are you perhaps imposing your thoughts and opinions onto others? Look for the small signs and how you react to situations. You have balance as you are reading this, but have gone through a big period of growth through difficult experience and a lot of inner work to complement; check in with yourself and 'tweak' if needed. Everyone is different, so just listen to yourself and you will have all the answers you need. It seems very normal to struggle with either an under or over-inflated ego; work towards the balanced medium. Visualize yourself as a Buddhist monk levitating in full harmony but take the time to appreciate you probably do not have a serene monastery in the mountains to practice.

Task: Reflect on a point in your past and see if you can identify an ego-shift. Where is your ego at and how is your relationship?

Reflection, Progression & Application.

Reflection. It is important to be able to reflect on all things. This becomes easier the more you are able to put yourself in a neutral position. From within this 3D world, it is difficult and practically always a work in progress. The more you can distance yourself from your thoughts, the easier it becomes. And the more time you spend on the inside, the more natural this becomes. If you feel distracted, try to feel out why, treat for example a returning thought or a fear, with love and place them next to you so you can continue.

One exercise is to take an emotion, a feeling, a situation or a person. Now take that feeling or someone or that situation, place it in the air so you can mentally walk around it, over it, under it so you can get a good healthy look from every perspective. This can be the simplest of things or the most complex thought you can find. If you are doing this for the first time, it is easier to start small, a person close to you or the funniest thing you can think of. This is an individual experience and lesson, if you can try and work it from your own framework in your own time and space within your understanding of things, you can see how it all develops. For some extra fun, imagine you are a car mechanic and trying to figure out why a car is not working.

You can get to a point where you easily start seeing the items as objects, and you can mentally treat them as such and move them around. Everyone is different here, but by visualizing it, or even talking about it out loud, you may gain a better core understanding of deeper aspects of it, like the root of a problem or feeling, or how two things connect into each other. An advantage to this is that when you are done you can put the object in an imaginary bucket, or let it go with the wind. So, for example if you are reflecting on a serious topic, and you have gone through it sufficiently and learned what you needed, you can choose to not hold onto things and just push the object away and let it go.

Task: Pick up yourself and think about your place in the universe.
Reflect on something very silly.
Can you spot something that has been blocking your growth?

Progression. Progression is your development through the inner work that you have done. You can use a video-game term and see it as a 'level-up' and before you reach your next level, you may need to beat the boss, or overcome a major obstacle. Inner work is a wide range of things, some might say everything is inner work, so it is good to keep an open mind. You can be thinking about past trauma in life, something difficult that you have gone through. You could be clearing lessons from past lifetimes or just end up in different situations and experience different perspectives and reactions.

It is normal to reflect on the limitations of our brains; we do not have super-computers for brains and our understanding is limited; and we agreed to all of this before coming down here. So, accept yourself and any limitations you may feel, and feel OK with inner work taking time. Our understanding of the visible world and everything exciting beyond it, may come to you gradually or simply when you are ready for it. It is very natural to feel like you have failed when you may in fact have progressed through difficulties.

If you are on your journey and working diligently and progressing, new reflections will pop up. Even revisiting something you worked on in the past. It could be as simple as reflecting on a new situation from a distance further away or finding that your team is simply relaying new information over to you that you are now better able to understand, process and utilize - from your bigger and expanded mindset.

Ultimately, with a bigger mindset in place, you are working towards higher ground with all inner work. It is just one major roller coaster of a process, it goes up and it goes down, wildly, and then it repeats. Heart is everything, and you need to feel it. It needs to be repeated - some of the experiences we work through are incredibly difficult to go through. There is very little growth without friction, or - the most growth comes from the heaviest experiences, so do not hide them in your closet. Use empathy to deal with the skeletons in your closet.

Task: Can you find an area where you are overly harsh on yourself?
Find one of the biggest challenges you have overcome and identify how you succeeded.
Identify something where you did not do so well and identify what you learned from it.

Application. Application is the process of using the inner work, taking it from our place, which can be nice and comfortable at times, and applying it externally in the world. This can be a bit like a looping process and feed right back into reflection, like a wheel that goes round and round.

From the writer's perspective, as one example, is how we had to deal with group pressure around vaccines, how others think we should behave in society or how we get to exercise understanding, compassion, and respect to others; even as we might be called less than polite names for having different opinions. We are battling with 'old systems' that are there to control us - so we have had to learn how to stand in our own space, empower ourselves and express our opinions. Application of inner work can be viewed and done in 100s of different ways, but one thing in common is that we all have had to deal actively with different types of contrasts or conflicts and battle our own self-selected challenges.

Your challenges may vary, perhaps you are on a journey of self-discovery; perhaps you are meant to help those around you with a better understanding of what has happened, or help them along on their journeys and bring hope.

You know that you are on the right path when you can maintain balance while going through those challenges or situations. If you can stand up for yourself and your thoughts or for example maintain control over yourself and remain in a high vibrational state, or support others by explaining what happened. When you do these things, you have gained much and should pat yourself on the back.

Task: Find someone, give them a hug and tell them something genuine from the heart.
Find a way of applying something you have picked up in the book into your reality.
Ask your subconscious, higher-self or your spiritual team for advice on something and listen.

Self-Love. One of the challenges for many, including this writer, was the lesson on loving oneself. Self-love is key to progression, but it is a lot more than just that.

Through loving yourself, you empower yourself, which in turn lead to great things. Love, unconditional loving feelings, are the most powerful emotions we can feel in this world. Love is fantastic for progression, but go ahead, do your work on this, appreciate everything – and slowly but surely, you will see that unconditional love is a universal multi-dimensional tool of epic proportions. All things make sense through the lens of love, so start with yourself.

Consider all things to be energy, and all things to be connected. What you think, feel, say and do impacts many things around you. If you imagine yourself as an analogue radio; what frequency is your radio set to? Maybe you can decide what your radio is playing, and maybe you can tune in to the radio channels of the universe with it?

Task: What is love to you and what have you learned about love from this book?
Forgive yourself, appreciate yourself and love yourself - then celebrate!
Reflect on someone who may have wronged you in the past, and see from their perspective.

Your Inner Child. Have a chat with him/her. If stuck, look at your situation with child-like joy and innocence and see how that helps you. He/she is always there and you might recognize it if you go back to growing up. Consider it for a moment, your inner child is always there and ready to play. Doing work or exploring something interesting, let your inner child participate and work together. Hold hands and go.

Task: Do a very silly dance with your inner child.
Share a fun moment with a fellow human and see if you can make them laugh.

Joy. Joy is an extension of love. If you love yourself, you can find joy in any and every situation. If you are working on your self-love levels, you can feel happiness all-around.

Perhaps you can be very joyful over all the positive messages about the universe and all the new things you have learned. Would you not agree that reincarnation is absolutely joyful, as one important thing? How is that for a mind-opener? Since you

have validation through this book and events that have occured, you can explore wide and far and go as far as your imagination can take you, and do so in joy.

Task: Think of something you are incredibly joyful over.
Task: What parts of your inner work brings you joy?

Pain Points & Traumas. One of the things many of us have in common is that we have gone through difficult experiences in our lives. We have experienced and learned many heavy feelings and gone through incredibly difficult situations with a very deep sense of loss, pain, hurt, anger and frustration. There is a lot you could choose to be angry about, if you wanted to. One thing to keep in mind is the pain points are very important if not necessary. Without them, there would be less or no growth. If we all had happy days in full clarity and understanding, what would we be learning? Going through difficulties allows empathy to grow, which is key to understanding other people's experiences and feelings.

Processing heavy emotions is a challenge. It is easy to get stuck in the negative, such as victim-mode. It is OK to feel the very darkest and toughest of emotions, mixed in with the very best and happiest of emotions. Here we need to reflect on the contrast, especially as you progress through them. It can be significantly easier to deal with tough situations when you have spent some time with them digging deep. However that is the key to it all, to dig really deep and get to the root of it. If you can sense or get to a point where you start appreciating the difficult situations, that is good. You can look at it from the point of view of starting to appreciate your own growth. If you want another tool for your toolbox, try to appreciate that you are intentionally processing difficult things instead of putting it in your rucksack for a rainy day, which is the easy way out.

An important part of dealing with traumas, is to not just process them, but to get to a peaceful state of mind where you accept what is or has been and release that situation and your emotions. There are many ways to release things that do no longer serve you. You can move around, take a jog or jump a bit on the spot. Just being aware of it can facilitate you being able to release it by just doing a mental exercise. Here you should listen to your intuition, experiment a bit and see how you feel and figure out what works best for you.

There is a wide array of heavier experience we can have, a smörgåsbord selection, if you will. Do not be hard on yourself for taking your time processing your experiences, instead be happy and grateful that you are able to do it. Try your best to work through them, regardless of how dense and difficult they are. And when you have cried your way through it, Let It Go. We all agree to play roles, so with that understanding, you can proceed to forgive yourself and others. If it comes back to you, perhaps you have more work to do. If you work through it, let it go - and it comes back to you later after you have done your significant inner work, perhaps it is to show you of your own growth, and you get to reflect on it from a higher perspective, with joy and more love for yourself and those around you! Well done!

Task: Reflect your current state of mind or dig properly deep into an area of pain. Take something challenging you have been processing, imagine you put all those emotions into your fists, gently squeeze them, hold it, open your hands and let it all go. Challenge yourself to see if you can spot a heavy pain in your life and say it loud out. Identify an area where you feel guilt and start to process this; find the root, try to release it.

Complex Reflections. As you progress with your inner work, it is normal that duality starts to come into play. You begin to see and are able to reflect through multiple perspectives; sometimes you may see and consider many different perspectives and emotions at the same time more clearly. Complex reflections have a high degree of levels and contrast in them.

One of our complex reflections has been to try to understand the perspective of you, the reader, and your world, after what no doubt is and has been a very impactful event with significant confusion and stress. It is almost impossible to feel what you are going through, but we have tried, and we have cried, and many of us have contemplated how we would react to this with no real preparation. You can be certain that we all are sending you energy and love, and we care, right here at the point of writing and at the point of you reading this

From our perspective, can we find the balance to understand the bigger perspective on what you are going and why you are going through it? And how do we relate to it? How do we even begin to process the idea or feelings of being separated from loved ones? For the ones going elsewhere, do we feel a related emotion to survivor's

guilt - like leaver's guilt? We have gained some balance, to somewhat process this and not go crazy, through significant inner work. And we look at this not just as in ourselves; we thank our spiritual teams, our sub-consciousness and higher selves as we profoundly appreciate them supporting us.

A key to understanding and making sense out of this was to realize that everyone is on their own path and everyone is making their own choices. We all enter in here with purpose and contracts to experience things, personally and with others. Consider the earth and the larger situation on this planet, all that has transpired throughout its history, and you may start to feel the significance. From within this much larger perspective, we can make sense out of seemingly devastating experiences, and we can be grateful that we get to experience and learn from it. We feel happy knowing that we will reunite with all loved ones. And so can you.

We must accept that we cannot fully comprehend everything and live with and through it, through those struggles. But we can find the position of gratitude that this is an experience we all wanted to experience. We hope this helps you unpack your situation, your relationships, your own inner work and progression, and that you can start to make sense out of your world and make the best out of it with as many tools as possible at your disposal.

Task: Reflect on how one of your actions may have been perceived and felt from another person's perspective.
Think and consult your heart on how you would like to feel at the end of this lifetime.
Take a person you love and look at a situation from that person's eyes and heart.
Take the time to process a situation and get to a point where you can genuinely forgive other people for something that has upset you in the past.
Re-do the very first task in this document & appreciate the smallest thing close to you from this bigger perspective.

You. You are a fantastic being and so much more than what you can see or is trained to believe. You can look at this as a videogame or a simulator, but you can also look at this as a fantastic opportunity for growth. To understand and expand your mindset while being in an incredibly difficult situation is not easy, and it brings a lot of honor to you. You are incredibly capable and have nothing to fear; try to use this in the best way you can, for the betterment of yourself and others around you.

Your Subconscious, Higher-Self and your Spiritual Team. We all have our spirit teams. If you are doing your homework, you are not doing it alone. It is taking place together with your team and with your subconscious and your higher self. If you have been diligently paying attention to the book and transcripts, then you likely have received through your spiritual team already, who all love you very dearly.

Take a moment, sit in stillness, take a few deep and slow breaths in through the nose and out through the mouth, sit with your eyes open or closed, it does not matter. Take a few more deep breaths, hold your breath for a few seconds at the top. If you are in balance, you may feel a wave of energy coming in as you breath in and exhale. Recognize how good that makes you feel. Maybe you can feel your subconscious being there with you. Maybe it has been there all-along? Maybe your team is present, and maybe it is filled with all of your dear friends?

Contemplate for a second the relationships with your spiritual team. Perhaps in a previous life experience, you were supporting a family member who in turn is now supporting you from the other side. Perhaps this has taken place so many times you together laugh about it all when you sleep. Feel the connection; it goes so far beyond it is difficult to grasp. You do not have to understand it or try to quantify it - merely accept it as a real possibility and appreciate it. Take time to say thanks. It is an honored service from all perspectives and there is no judgement, over anything, only support, endless support and unconditional love.

we LOVE you
we LOVE you
we LOVE you